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# THE BUSINESS OF BEING A HOUSEWIFE

## A MANUAL TO PROMOTE HOUSEHOLD EFFICIENCY AND ECONOMY

PRICE FIFTY CENTS

ARMOUR AND COMPANY

# THE BUSINESS OF BEING A HOUSEWIFE

## A MANUAL TO PROMOTE HOUSEHOLD EFFICIENCY AND ECONOMY


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# The Business of Being a Housewife

THE preparation of food and the management of a home is the oldest business on earth. To-day the knowledge of housewifery has been systematized into an exact science, taught in colleges, expounded on the lecture platform, elaborated and popularized by means of books, magazines and newspaper pages.

The business of Armour and Company is to gather the choice food products of America, to prepare, to standardize them so quality can be guaranteed and recognized at a glance, and then to distribute them to the world. To do this in a manner that will insure the highest quality food to the consumer at lowest possible cost for the necessary handling and preparing is the ideal on which the Armour institution is founded. In this connection the Armour Department of Domestic Science, under the direction of Mrs. Jean Prescott Adams, is a most active aid.

Mrs. Adams understands the housewives' needs; she also knows the vast range and variety of Armour food products, the high standard that governs their choice, the expert and sanitary conditions under which they are prepared. Much that has been accomplished in our laboratories and experimental kitchens we feel is of use to the general public, and, therefore, in this little manual we are offering some condensed, practical ideas regarding food preparation and recipes, with tested methods of promoting household efficiency and economy not generally treated in books on cookery.

Beginning with a full list of foods, arranged so that well-balanced menus can be easily selected for the various meals, the book follows on with much technical information. This includes foundation recipes, or the elementary principles on which many dishes of similar nature may be built, chart showing the correct distribution of foods in the kitchen, a scientific method of deep fat frying and a chart of meat cuts, with suggestions for properly cooking the cheaper and less popular portions to produce appetizing and wholesome results.

There are also helpful ideas for arranging the kitchen, for testing temperature, suggestions for church suppers, picnics, and the ever-yawning school lunch box.

There are condensed directions for serving meals both with and without a maid, a list of household utensils used in the practical kitchen and an outline for a household budget which enables the housewife to regulate household expenses.

The distributing and spending of the family income is largely in the hands of the housewife; the responsibility for the health and well-being of the family is hers also, and we believe she will welcome what help it is within our power to give on these subjects. In this connection the questions of pure foods and Government Meat Inspection are of great importance. Armour and Company believe in making all food products so that *grade* as well as purity is guaranteed by the label. Armour meats are prepared under strict Government Inspection and under conditions of sanitation approved of by the Federal Inspectors. It is obvious that meats so prepared are the kind the careful housewife should buy.

In the compiling of this book our Domestic Science staff has had the valuable assistance of several food authorities of national reputation.

ARMOUR & COMPANY



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# SELECTIVE MENUS

Beginning on page 4 are selective menus, arranged for breakfast, luncheon, and dinner. To form a reasonably balanced meal, select one article from each "group" contained in the meal. Breakfast, for instance, has five groups, the fruit, the cereal, the bread, the main dish, and the beverage.

## Suggestions as to Selecting Breakfast Dishes

(1) Cereals, as oatmeal and corn meal, with considerable fat in composition, are better adapted to cold than to hot weather. Also, to eat with them, select such foods as are deficient in fat; i. e., choose rice, wheat or barley cereals to eat with bacon, ham, sausage, chops or steak, and select oatmeal and corn meal when fish or eggs are the main dish of the breakfast. Either of these cereals eaten with cream or evaporated milk and some form of bread with butter and a sweet fruit, as bananas, dates and figs, furnish a satisfactory meal without other additions.

(2) With bacon, ham, sausage, chops (lamb or pork), the cereal may be omitted and an acid fruit, cooked or uncooked, be provided. Potatoes are not a necessity if bread be supplied, but are a welcome addition to meat.

(3) The beverage for breakfast is a matter of taste, though cocoa, milk, grape juice or water are the drinks most suitable for children.

## Points on Selecting Dishes for Dinner

(1) A soup for dinner should be light in character, as consommé, broth, or bouillon, that the appetite be stimulated rather than satisfied. If the main dish at dinner be roast beef, let the flavor of some other meat than beef be predominant in the soup.

(2) With a meat or fish dish serve one underground vegetable, as potatoes, turnips, beets, and one vegetable grown aboveground, as lettuce, cabbage, celery.

(3) If the green vegetable is served as a salad, the simple French dressing of oil, acid, salt and pepper is preferable to a rich mayonnaise or a cooked dressing. Reserve these latter dressings for luncheon and supper when the salad serves as the main dish of the meal.

(4) The acid in apples and pineapples aids in the digestion of bacon, ham, pork chops and roast pork; cranberry sauce or fruit jellies harmonize with dishes of poultry, while mint sauce or apple mint jelly is appropriate with lamb, especially when roasted. The acid of lemon is appetizing with fish and shell fish and the flavor of tomatoes is almost equally desirable with any dish of meat, fish, beans or paste (macaroni, noodles).

(5) Canned fruit, fruit cup, grape juice in gelatine dishes or with tapioca, grape juice sherbet and similar sweet dishes are appropriate after boiled, broiled or roasted meats, while mince pie or strawberry shortcake enriches a dinner in which fish, eggs or some left-over material is the main dish.

## Hints on Combinations for Supper or Luncheon

(1) While any soup is a welcome prelude to supper or luncheon, these meals offer a most favorable opportunity for presenting mock turtle soup, oxtail soup, pea and bean soups, chowders and stews. Any one of these dishes is hearty enough to warrant its service as the main dish of the meal.

(2) A lighter soup may be followed with baked beans and pork, cold meat, eggs in any one of a great variety of ways, fish in salad or creamed on toast, or cooked vegetables in jellied beef extract.

(3) Canned fruits and fruit dishes make less nutritious desserts than do mince pie, cake and custards; keep this in mind when making choice of the dessert dish. If necessary let the dessert make up for any shortcomings in the earlier part of the meal.

# SELECTIVE MENUS

## BREAKFAST

### Fruit Group

**Providing Mainly Mineral Salts or Bone-Building Material**

Apple Sauce — Apples, Fresh
Apples, Baked, with Cream or Evaporated Milk*
Apples, Coddled, with Cream or Evaporated Milk*
Bananas, Fresh
Bananas, Sautéed or Fried
Berries, Fresh in Season, with Evaporated Milk* (Whipped)
Berries,* Canned (56)
Cherries, Fresh
Cherries,* Canned
Dates with Cereal
Figs with Cereal
Fruit Juices,* Grape Juice
Grapefruit with Grape Juice* (39)
Jams* (56) — Jellies* (56)
Melons — Marmalade
Oranges
Pineapple, Fresh
Pineapple,* Canned, Hawaiian
Peaches, Fresh
Peaches,* Canned
Pears, Fresh — Pears,* Canned
Prunes, Stewed — Tangerines

### Cereal Group

**Providing Carbohydrates**

Corn Flakes with Cream
Corn Meal Mush with Cream
Cracked Wheat with Cream
Hominy* with Cream
Rice with Cream
Rolled White Oats* with Cream
Shredded Wheat with Cream

Armour's Veribest Evaporated Milk is excellent to use in place of cream, or it can be diluted to the consistency of ordinary milk.

### Bread Group

**Supplies Carbohydrates or Heat and Energy**

Biscuits, Hot, Baking Powder (22)
Biscuits, Raised
Bread, Graham — Bread, Bran
Bread, White — Bread, Rye
Coffee Cake
Corn Cake (24)
Corn Cake, Hunter's (36)
Doughnuts (22)
Griddle Cakes, Buckwheat, with Maple Syrup
Griddle Cakes, Rice, with Maple Syrup
Griddle Cakes, Corn Meal, with Maple Syrup
Griddle Cakes, Canned Corn (36)
Griddle Cakes, Wheat, with Fruit Syrup
Gems, Graham
Mush, Fried, Corn Meal
Muffins, Corn Meal
Muffins, Graham (24)
Muffins, Whole-Wheat
Muffins, Bran
Pop-Overs, Graham
Rolls, Coffee — Rolls, French
Rolls, Quick Yeast
Rolls, Toasted — Rolls, Vienna
Toast, White Bread (35)
Toast, French, Cream or Milk
Zwieback

### Main Dish

**Supplies Protein**

Bacon,* Broiled, with Apple Fritters
Bacon,* Broiled, with Fried Hominy
Bacon,* Broiled, with Creamed Potatoes
Bacon,* Broiled, with Fried Apples
Bacon,* Broiled, with Mashed Potatoes
Bacon,* Broiled, with Pineapple Fritters
Bacon,* Broiled, with Sweet Potatoes
Bacon,* and Eggs* (11)
Bacon,* with Liver
Beef,* Brisket, Sliced, Sautéed
Beefsteak, Broiled, Baked Potatoes (45)
Chops, Pork, Mashed Potatoes
Chops, Lamb (Broiled), Fried Potatoes
Codfish, Creamed
Corned Beef,* Hash, Browned
Dried Beef,* in Cream
Eggs, Boiled
Eggs, Stuffed with Devonshire Farm Sausage (47)

*This star indicates an Armour Quality Product.

**Numbers after articles indicate the page on which appears a recipe, or other information regarding same. (For a complete list of foods to make any recipe or dish in the book see pages 56 and 57.)**

# SELECTIVE MENUS

## BREAKFAST—Continued

Finnan Haddie, Creamed
Ham,* Broiled or Fried
Ham,* Boiled, Sliced and Sautéed
Ham,* Boiled, with Eggs
Ham Sandwiches, Hot
Kidneys, Broiled
Liver, Calves', with Bacon*
Luncheon Tongue,* Cold, with Brown Hashed Potatoes
Mackerel, Salt
Omelet, French
Omelet, Dried Beef
Omelet, Plain
Omelet, Spanish (37)
Sausage, Devonshire Farm, with Griddle Cakes (48)
Sausage, Meat, Devonshire Farm, with Rice Cakes (47)
Sausage, Devonshire Farm, Fried Apples (47)

### Beverage Group

Coffee, with Evaporated Milk*
Coffee, Cereal — Cocoa
Grape Juice* — Milk
Milk, Malted
Tea, Breakfast

## LUNCHEON OR SUPPER

### Main Dish

Baked Beans,* Pork and Beans, with Tomato Sauce (15)
Beef Loaf,* with Ketchup
Beef Tongue,* with Spinach
Chicken,* Boned
Chicken,* Deviled
Chicken Loaf *
Chicken,* Potted
Chicken, on Toast
Corned Beef,* Sliced Cold
Corned Beef,* Creamed au Gratin (17)
Cheese,* Melted on Toast
Eggs,* Poached on Toast
Eggs au Gratin — Egg Salad (36)
Frankfurters,* with Potato Salad (48)
German Salami Sausage,* Sliced
Ham,* Boiled, Served Cold, with Potato Salad, Tomato Salad, Green Vegetable Salad or Macédoine of Vegetable Salad
Ham,* Hot Baked, with Celery and Apple Salad, Pineapple Salad, Orange Salad, Cabbage Salad, Coleslaw, or with Cider, Champagne, Tomato, Brown, or Currant Jelly Sauce (8)
Ham,* Hot Boiled, with Boiled Cabbage, Cauliflower, Brussels Sprouts, Spinach, Chard, Dandelions, Beets, Greens, or Kale (9)
Ham Loaf,* Sliced, with Mustard
Heart, Stuffed, Baked
Lamb Stew (Flank End of Chops)
Lambs' Tongues, Mint Sauce
Luncheon Beef,* Garnished with Olives and Cucumbers
Luncheon Beef,* Stew
Luncheon Meat *
Luncheon Meat,* Country Style
Luncheon Meat,* New England Style
Luncheon Meat,* New Orleans
Luncheon Meat,* Pressed
Meat Loaf,* Cold (50)
Meat Loaf,* Sliced Cold (15)
Meat Loaf,* Heated with Brown Sauce, Horse-Radish Sauce or Tomato Sauce
Peanut Biscuit (31)
Salmon,* Creamed on Toast
Salmon Salad * (18)
Salmon,* Escalloped in Green Peppers
Sardines *
Sausage,* Lackschinken
Sausage, Devonshire Farm (47)
Sausage,* Dry (43)
Sweetbreads, Creamed
Tongue,* Lunch, Pork
Tripe
Turkey,* Boned
Tuna Fish *

### Sandwiches

Beef,* Deviled, Horse-Radish Sauce
Chicken,* Potted or Deviled

*This star indicates an Armour Quality Product.

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# SELECTIVE MENUS

## LUNCHEON OR SUPPER—Continued

Ham,* Cold Boiled, 12 styles (9)
Ham,* Deviled
Meat Loaf,* Special
Pork and Beef,* Potted
Tongue,* Deviled or Potted
Turkey,* Potted

### Vegetable Group

Asparagus Salad
Beans, Fresh String
Beans, Canned String
Beets, Buttered  Beets, Pickled
Cabbage, Boiled, Buttered
Carrots, Creamed
Celery, Stuffed with Cheese *
Cauliflower  Celery
Corn,* au Gratin, Creamed (17)
Cranberry Sauce
Cucumbers, Sliced
Eggplant
French Endive, Green and Red Pepper Rings with French Dressing
Hominy,* with Tomato Purée
Lettuce-and-Tomato Jelly
Lettuce, with French Dressing
Lettuce, with Mayonnaise Dressing
Onions  Peas*
Potatoes, Boiled  Potatoes, Creamed
Potatoes, Mashed
Potatoes au Gratin  Potatoes, Riced
Romaine, with Beef Extract Gelatine Cubes
Slaw, Cole  Saratoga Chips
Spinach, Cold, French Dressing
Spinach, Hot  Squash  Succotash
Sweet Potatoes, Baked
Tomatoes,* Scalloped (36)
Tomatoes, Sliced, with Beef Extract Jelly
Tomatoes,* Stewed
Turnips

### Bread Group

Biscuits, Baking Powder (22)
Biscuits, Yeast  Bread Sticks
Biscuits, Raisin Drop (27)
Bran Bread  Corn Meal Muffins
Toast, Buttered (35)
Cookies (24)
Crackers, Toasted, with Cheese
Doughnuts (22)  Graham Muffins (24)
Fruit Bread
Gingerbread (24)  Imperial Sticks
Molasses Cookies, Soft (25)
Nut-and-Raisin Bread (25)
Nut Bread  Parker House Rolls
Roman Meal  Rye Bread
Salt Raising Bread

### Dessert Group

Apple, Baked, with Evaporated Milk,* Whipped
Apple Turnover  Apple Pie
Caramel Custard, Baked (17)
Chocolate Layer Cake (30)
Cocoa Cake (30)
Cocoa Nut Bars (27)
Cornstarch Blancmange
Crackers and Cheese
Custard, Cup-Baked
Fruit Ice Cream, with Canned Fruits *
Gingersnaps (27)
Grandmother's Cookies (27)
Grape Juice,* Parfait (40)
Grape Juice,* Pudding (40)
Grape Juice,* Sherbet (38)
Grape Juice,* Sponge (40)
Ice Cream, Made with Evaporated Milk *
Mince Pie, Mince Meat*
Molasses Gems (31)
Peaches,* with Drop Cakes
Peaches,* with Marshmallow Topping (41)
Peach Shortcake (25)
Pineapple,* Hawaiian
Strawberry Shortcake (28)
White Cake, Mocha Frosting

### Beverage Group

Cocoa  Coffee  Milk
Malted Milk  Tea, Hot, Plain
Tea, Iced, with Lemon
Grape Juice * Lemonade (39)
Grape Juice * High Ball (38)
Grape Juice,* Plain (38)
Russian Tea
Grape Juice, with Ginger Ale

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# SELECTIVE MENUS

## DINNER

### Soup Group

Bean Soup, Crackers
Beef Broth, Crackers
Bouillon, Beef,* Crackers
Bouillon, Chicken,* Crackers
Bouillon, Clam,* Chowder Crackers
Chicken Soup,* with Crackers
Clam Chowder, Chowder Crackers
Consommé,* with Crackers
Lamb Broth, Crackers
Mock Turtle Soup,* with Crackers
Oyster Stew, Oyster Crackers
Oxtail Soup,* with Crackers
Pea Soup, Crackers
Plain Consommé, with Cheese Crackers
Plain Consommé, with Oyster Cocktail Sauce
Plain Consommé, with Summer Sausage, Crackers
Plain Consommé, with Tomato Purée, Crackers
Plain Consommé, with Vegetables, Crackers
Tomato Soup,* with Crackers
Vegetable Soup,* with Crackers

### Main Dish

Beef, Chuck Roast
Beef Tongue and Spinach (18)
Brisket Beef,* Breaded (19)
Chicken Croquettes and Peas* (23)
Chicken, Roast, Garnished with Bacon* (11) Chicken Timbales
Corned Beef au Gratin, Creamed (17)
Eggs in Ramequins (37)
Eggs, Stuffed, White Sauce (37)
Ham,* Baked (9)
Ham,* Boiled, Served Hot (9)
Ham,* Broiled (9)
Lamb, Roast Leg
Lamb Chops, Broiled
Luncheon Beef and Macaroni, Tomato Sauce (19)
Luncheon Beef Stew (19)
Macaroni and Cheese (37)
Meat Loaf,* with Brown Gravy (15)
Pork and Beans,* with Tomato Sauce (15)
Ribs of Beef, Roast (45)
Salmon,* Creamed
Salmon, Hot, with Egg Sauce (19)
Sausage, Devonshire Farm, Rolls
Sea Bass, Broiled
Sirloin Steak, Broiled (45)

### Vegetable Group

More than One Vegetable May Be Desired

Asparagus, Melted Butter
Beans, Butter Beans, String
Beans, Wax Beets, Buttered
Carrots, Buttered
Cauliflower, Croutons of (29) Celery
Corn,* Stewed
Eggplant Fritters Kale, Scotch
Hominy Fritters
Onions, Boiled Peas,* Stewed
Peppers, Stuffed Potatoes, Boiled
Potatoes, Baked Potatoes, Creamed
Potatoes, French Fried (25)
Potatoes, Mashed Rice, Boiled
Spinach Squash, Summer
Succotash Sweet Potatoes, Baked
Sweet Potatoes, Boiled
Tomatoes, Stewed*
Tomatoes, Sautéed (25)

### Salad Group—Including Sauces

Apple and Celery Salad Apple Sauce
Cranberry Sauce
French Endive, Thousand Island, or Russian Dressing
Lettuce Salad, French Dressing
Pineapple,* Ring (41)
Salmon,* Salad (18) Romaine
Tuna Fish Salad (17) Waldorf Salad

### Dessert Group

Cake, Nut Loaf (31)
Cake, White (24) Cake, Spice (24)
Chocolate Layer Cake (30)
Grape Juice,* Sherbet (39)
Marshmallow Peaches (41)
Mince Pie (23)
Peaches,* Canned, with Cream
Pineapple,* Hawaiian, Sliced
Strawberry Shortcake

### Beverage Group

Black Coffee Grape Juice*
Milk Grape Juice Lemonade
Russian Tea

*This star indicates an Armour Quality Product.

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# Armour's Star Ham and Bacon

Ham and bacon are among the most popular of meats. They can be served in a great variety of ways. Armour's Star Ham and Bacon are standard staples of food production.

The excellence of the Star brand is first assured by careful selection. Only hams of highest grade can bear the brand of Star.

The Star cure is a tradition in the Armour establishment, developed and improved by years of experience. When it seemed impossible further to improve either choice or flavor of Star Ham, experiments were conducted which led to the adoption of the Stockinet Covering. This cleanly knit protector is put on the ham before smoking over the hickory-fed fires; as a result, juices are better retained, flavor is intensified, and the ham reaches the consumer still protected by the Stockinet Covering. Many women practice economy by buying a *whole* Star Ham to slice and cook as occasion justifies.

Star Bacon is of the same high quality as Star Ham—selected with the same care and perfected by the famous Armour cure. In strips of well-proportioned fat and lean it slices easily and comes from the pan tender, tasty and delicious.

We also offer this bacon under the brand of Veribest. For this product the strips are cut in thin, even slices and daintily packed in handy cartons and glass jars. This convenient way of marketing a most appetizing and nourishing food is appreciated by the progressive housewife.

The high food value of bacon and the fact that it is easily digested by all should be considered when planning menus for young and old.

## What to Serve with Star Ham

METHOD: Serve hot boiled Star Ham with boiled cabbage, cauliflower, Brussels sprouts, spinach, chard, dandelions, beet greens or kale. Dress the first three with butter, cream or hollandaise sauce. Scalloped tomatoes, scalloped cabbage, scalloped potatoes either white or sweet, apple sauce or spiced pickled fruit of any kind are also appropriate with Star Ham. Armour's Horse-Radish Mustard adds to the zest of every ham dish.

METHOD: Serve hot baked Star Ham with any of the vegetables or relishes suggested for hot boiled ham, also with celery and apple, pineapple, or orange salad, with cabbage salad (all with French dressing), coleslaw, or with cider, champagne, tomato, brown or currant jelly sauce.

METHOD: Serve cold boiled or baked Star Ham with potato salad, tomato salad, tomato jelly salad, green vegetable salad, macédoine of vegetable salad.

METHOD: Serve broiled Star Ham or Bacon, with baked or fried bananas, apple or pineapple fritters, fried apples, and creamed or mashed potatoes.

# Foundation Recipes

## Boiled Skinned Star Ham

METHOD: Wash the ham or wipe with a damp cloth as is needed. Set to cook in cold water to cover; heat to the boiling point, let boil ten minutes, then simmer until tender, turning the ham after cooking three hours. It will take six hours or longer to cook a ham weighing about twelve pounds. If the ham is not too tender, let partly cool in the water; if cooked so that the shank bone slips out easily, remove at once from the water. If the ham be overcooked it cannot be cut in thin, smooth slices.

## Baked Star Ham

METHOD: Start the ham as for boiled ham; after cooking four hours remove the ham from the water, cut the skin in points about five inches from where it meets the shank bone, retain the skin around the bone and remove the rest. Mix a cupful of the cooking liquid with a cupful of cider or half a cupful of cider vinegar and pour over the ham set in a baking pan; let cook two hours in a moderate oven, basting often with the liquid in the pan. Remove from the oven and insert cloves in the fat of the ham from which the skin has been taken; press these into the ham in a symmetrical manner. Mix half a cupful of brown sugar with half a teaspoonful of pepper and half a cupful of fine cracker crumbs and sprinkle over the portion containing the cloves; return the ham to the oven for one hour.

## Broiled Star Ham

METHOD: Cut very thin slices from the center of a Star Ham (trim off the skin), cover with boiling water and let stand on the back of the range, where the water will not boil, ten minutes, then dry on a cloth. Have ready a hot, well-oiled broiler; set the ham in place and let cook over clear coals or under a gas burner until well browned, here and there. Serve on a hot plate. Thicker slices of cold boiled or baked Star Ham may be broiled over the coals until the fat is delicately colored.

## Ham Sandwiches

*Slices Boiled Star Ham with*

- White bread, lettuce hearts, mayonnaise dressing
- White bread, mayonnaise dressing
- Rye bread, butter and currant jelly
- Whole-wheat bread, butter and chopped cress
- Baking powder biscuit, sauce tartare
- Boston brown bread, butter and chopped olives
- White bread, butter and mustard
- White bread, butter and chopped mustard leaves
- Whole-wheat bread, butter and sliced or chopped mustard pickles
- Whole-wheat bread, butter and piccalilli
- Graham bread, butter and currant jelly
- English muffins, hollandaise sauce

METHOD: Bread for sandwiches is at its best after having been baked twenty-four to thirty-six hours. The slices should be cut less than one-fourth of an inch in thickness. Cut or trim into the desired shape, then spread with butter and such other materials as are to be used, taking care that nothing is brought to the edge of the bread to soil the hands in eating. The ham should be cut in slices of uniform thickness and some fat should be retained.

Mayonnaise and sauce tartare (mayonnaise to which fine-chopped olives, capers, pickles, onion and parsley are added) make a particularly well-flavored ham sandwich. Use mustard in both dressings. Hollandaise sauce is an emulsion of egg yolks and butter, made acid with lemon juice prepared by cooking over hot water.

Baked Star Ham

METHOD: (See directions on page 9.) It is an economical consideration to buy a whole ham, and is a convenient form of nutritive meat to have in the house in preparation of impromptu luncheons. Either baked or boiled Star Ham is appetizing in many different forms, especially as a part of the ever popular sandwich.

Boiled Star Ham, Boneless

METHOD: Purchase a whole Armour's Star Boiled Ham. This product is of the highest quality, perfectly boiled. It has been boned, and is ready to eat. Note the methods of use on pages 8 and 9. It is economical to buy a whole ham.

Roast Chicken Garnished with Bacon

*chicken* *flour*
*salt, pepper* *Armour's Veribest Bacon*

METHOD: Dress, clean, stuff and truss the chicken; then sprinkle well with salt and pepper; place on a rack in a dripping pan to which add enough hot water to prevent burning.

Arrange strips of Veribest Bacon across the chicken breast. Place in a hot oven for the first fifteen minutes; reduce the temperature, baste and turn each fifteen minutes until the *chicken* is *tender*. Allow twenty minutes to the pound for roasting. The more tender the chicken, the shorter time required for cooking.

Bacon and Eggs

METHOD: Put a frying pan over the fire and at once lay in slices of Veribest or Star Bacon. Let cook *slowly* until the fat is well tried out and the bacon of an amber color on one side, then turn to crisp and color the other side. Drain the bacon on soft paper, keeping it warm meanwhile. Break fresh laid eggs into the bacon fat *which should not be allowed to become too hot.*

Baste the yolks with the fat, and as soon as the white is "set" press a spatula between each egg and the pan to avoid overcooking. Remove the cooked eggs to a warm dish; set the bacon around them; garnish with parsley. Cooked at the proper temperature, eggs fried in bacon fat have the appearance of poached eggs.

## Preparing an Informal Luncheon

Each of the four columns is a complete menu. The first and fourth are more elaborate than the others. Groupings across show similar articles which may be exchanged.

| I | II | III | IV |
|---|---|---|---|
| Veribest Mock Turtle Soup<br>Soup Sticks | Veribest Consommé<br>Croutons of Veribest Deviled Ham | Veribest Tomato Soup | Veribest Vegetable Soup |
| Celery, Onions, Salted Nuts | Imperial Sticks | Toast Fingers | Salted Wafers |
| Veribest Luncheon Beef, Sliced, With Veribest Chili Sauce | Veribest Chicken Loaf | Veribest Corned Beef, Creamed, au Gratin | Veribest Salmon Croquettes<br>Veribest Boned Turkey, Sliced Thin |
| Creamed Veribest Corn au Gratin | Scalloped Veribest Tomatoes | | Veribest Canned Peas,<br>Mashed Potatoes,<br>Cranberry Sauce |
| Veribest Tuna Fish Salad | Lettuce & Veribest Salmon Salad | | Lettuce<br>French Dressing |
| Baked Apple with Veribest Evaporated Milk | Baked Caramel Custard | Corn Starch Blancmange<br>Veribest Canned Peaches | Toasted Crackers |
| Coffee,<br>Veribest Evaporated Milk | Coffee,<br>Veribest Evaporated Milk | Coffee,<br>Veribest Evaporated Milk | Coffee,<br>Veribest Evaporated Milk |

(Recipes indexed on pages 59 and 60)

## Easily Prepared Church Suppers

### I

Hot Canned Veribest Salmon, Egg Sauce
Plain Boiled Potatoes
Homemade Pickles
Yeast Rolls (reheated)
Veribest Ox Tongue, Sliced Thin
Veribest Ham Loaf, Sliced Thin
Macaroni in Tomato Sauce
Homemade Pies
Veribest Cheese
Coffee with Veribest Evaporated Milk

### II

Veribest Chicken Soup
Veribest Pork and Beans, Tomato Sauce
Veribest Corned Beef, Sliced Thin
Veribest Lunch Tongue, Sliced Thin
Potato Salad
Graham, White and Rye Bread
Doughnuts Veribest Cheese
Coffee with Veribest Evaporated Milk

(Recipes indexed on pages 59 and 60)

### III

Veribest Tomato Soup
Veribest Brisket Beef, Sliced Thin, Chili Sauce
Creamed Potatoes
(Veribest Evaporated Milk)
Corn Bread
White Bread
Veribest Tuna Fish Salad
Veribest Canned Peaches, Frozen
Homemade Cake

### IV

Veribest Luncheon Beef, Sliced Thin
Scalloped Tomatoes
Veribest Salmon Salad
Parker House Rolls
(reheated)
Chocolate Ice Cream
Homemade Cake
Coffee with Veribest Evaporated Milk

## Armour's Veribest Package Foods

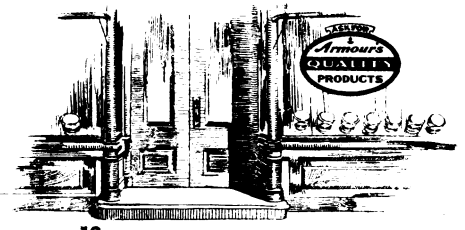
The convenience of ready-cooked foods to be served cold, or with a few minutes heating, is appreciated by all housekeepers. Veribest Package Foods are prepared by expert Armour chefs in Armour's sanitary kitchens and include many delicacies difficult and expensive to prepare in the home. They are not only time-savers, but add variety to the menu. The housewife with a shelf of Armour's Veribest Foods is protected against any emergency. The Veribest Foods sold under the Oval Label include so wide a choice that almost the entire menu, day after day, can be satisfactorily arranged from them.

The uniform high standard of all these products, whether vegetable, fruit, meat, or fish, begins in the initial step of their preparation,—that is, in the selection. In the meat products, only choice portions of the highest grade meats are chosen. Fresh meat shrinks some fifty per cent in cooking. Armour's Veribest Meats are therefore *all* food, without waste, and the Armour methods of preparing and canning preserve all the original juices and fine flavor.

On pages 56-57 of this book will be found a complete list of Veribest Package Foods and on the following pages are many appetizing and novel methods of serving these.

## The Quality Oval Label

*Armour and Company, believing that public interest demands that the quality of a food product shall be as strictly guaranteed as its purity, have adopted this Quality Oval Label, a trade-mark that is as well a grade-mark, guaranteeing both food excellence and purity. This Label is the designating mark of the top grade in each line of Armour foods. When you see the Oval Sign on a dealer's store front, you know Armour's Quality Oval Label Goods are on his shelves. If you cannot obtain all Armour Oval Label Products, write to Armour and Company, Chicago, giving your dealer's name and address.*



## Easily Prepared Lunches for Campers

### I

Veribest Oxtail Soup
Veribest Pork and Beans
Veribest Corned Beef, Sliced Thin
Hot Biscuit
Coffee with Veribest Evaporated Milk

### II

Chowder of Veribest Canned Corn
Veribest Corned Beef Hash, Veribest Ketchup
Veribest Lambs' Tongues, Sliced
Hunter's Corn Cake
Coffee with Veribest Evaporated Milk

### III

Veribest Chicken Soup
Veribest Dried Beef, Frizzled
Veribest Luncheon Meat, Sliced Thin
Veribest Canned Corn Griddle Cakes
Potatoes Baked in Hot Ashes
Coffee with Veribest Evaporated Milk

(Recipes indexed on pages 59 and 60)

### IV

Veribest Vegetable Soup
Veribest Brisket Beef, Breaded and Fried
Veribest Pork and Beans
Veribest Tomatoes Stewed with Cracker Crumbs
Doughnuts Veribest Cheese
Coffee with Veribest Evaporated Milk

### V

Veribest Tomato Soup
Veribest Hot Salmon, Pickle Sauce
Boiled Potatoes
Veribest Canned Peas
Creamed Veribest Dried Beef
Corn Bread Gingerbread
Veribest Cheese
Coffee with Veribest Evaporated Milk

### VI

Stew of Veribest Luncheon Beef, Onions and Peas
Veribest Pork and Beans
Boston Brown Bread
Veribest Peanut Butter
Dried Apple Dumpling
Coffee with Veribest Evaporated Milk

## Easily Prepared Lunches for Auto Parties

### I

Veribest Deviled Ham Sandwiches
Veribest Peanut-Butter Sandwiches
Veribest Veal Loaf, Sliced Thin
Buttered Rolls
Coffee with Veribest Evaporated Milk in Thermos Bottle
Fresh Fruit

### II

Veribest Potted Turkey Sandwiches
Veribest Sardines Wrapped in Parchment Paper
Baking Powder Biscuit, Buttered
Hot Veribest Cocoa in Thermos Bottle

### III

Veribest Dried Beef Sandwiches
Veribest Lunch Tongue, Sliced Thin
Yeast Rolls, Buttered
Olives
Hot Tea in Thermos Bottle

### IV

Veribest Sardine-and-Egg Sandwiches
Veribest Chicken Loaf, Sliced Thin
Bread-and-Butter Sandwiches
Pickles
Veribest Grape Juice Lemonade (Thermos Bottle)

(Recipes indexed on pages 59 and 60)

### V

Chicken Salad (Veribest Boned Chicken) in Yeast Rolls (cases)
Sandwiches of Bread, Veribest Corned Beef and Veribest Chili Sauce
Olives
Hot Coffee with Veribest Evaporated Milk in Thermos Bottle

### VI

Veribest Tuna Fish Salad (in paper cups)
Boiled Veribest Eggs Stuffed with Veribest Deviled Ham
Graham Bread-and-Butter Sandwiches
Olives
Veribest Peanut-Butter Fudge

### VII

Veribest Cold Lambs' Tongue, Sliced
Mint Jelly
Baking Powder Biscuit, Buttered
Custard Baked in Cups
Veribest Evaporated Milk
Hot Veribest Cocoa in Thermos Bottle

### VIII

Mayonnaise of Veribest Sardines Hard-Cooked Veribest Eggs and Celery Hearts
Bread-and-Butter Sandwiches
Veribest Peanut-Butter Rolls
Iced Tea in Thermos Bottle

When putting up lunch to be eaten in a car or by the wayside, care should be taken to so wrap each item of food that the fingers be not soiled therewith. Appropriate (not lettuce) salads disposed in individual cups may be carried with ease. Forks should be sent along with the salad. Little cakes or sandwiches, each wrapped separately in parchment paper, may be eaten from the paper without coming in contact with the fingers. In making sandwiches, remove or retain the crusts of bread according to preference, but let the slices be of uniform thickness throughout. Several thin slices of meat are preferable to one thick slice. Any salad dressing, save French dressing, may be used in place of butter. Butter should be beaten to a cream and variety may be secured by gradually creaming into it, chili sauce, tomato ketchup, mustard, horse-radish or chopped capers. By removing a thin piece from the top of a yeast roll and taking out the crumb a good receptable to carry a salad made of celery and chicken or veal loaf is presented. The top of the roll, pressed back in place, protects both salad and fingers.

## Veribest Pork and Beans, Tomato Sauce

*can Veribest Pork and Beans, Tomato Sauce*
*celery tips*
*tomatoes*

METHOD: Place can in hot water for twenty minutes. Follow directions on top of can in opening. Serve with slices of tomato, and garnish with celery tips.

Instead of heating the beans in the unopened can, they may be removed and heated in a saucepan over the fire, or in a chafing dish.

## Meat Loaf with Brown Sauce

METHOD: Arrange slices of canned meat loaf with sliced tomatoes and cucumbers. Serve hot with brown sauce.

### Brown Sauce

*4 tablespoonfuls Oleomargarine*
*4 tablespoonfuls flour*
*½ teaspoonful salt*
*speck pepper*
*2 cupfuls hot water*
*2 to 3 teaspoonfuls Armour's Extract of Beef*

METHOD: Melt the fat, add flour and seasonings and brown together. Mix beef extract and hot water, and add this to the first mixture gradually, stirring until well mixed and smooth. Cook until thickened and warm meat in this.

## Office Workers' Lunches

I

Hot Consommé in Thermos Bottle
Celery and Boned Turkey Salad (in cup)
Thin Bread-and-Butter Sandwiches
Olives
Cup of Baked Custard
(evaporated milk)
Two Cookies
Banana

II

Sliced Beef Tongue
Cold Spinach, Sauce Tartare (in cup)
Yeast Rolls, Buttered
Two Baked Apples
Chocolate Cake
Tea in Thermos Bottle
Grapes

III

Sliced Brisket Beef
Macédoine of Vegetables in Salad (in cup)
Graham Bread and
Mustard-Butter Sandwiches
Doughnuts Cheese
Jar of Canned Fruit
Hot Coffee in Thermos Bottle

IV

Cold Ham Timbale, Salad Dressing
Rye Bread-and-Butter Sandwiches
Olives Celery
Bread—Peanut-Butter and
Currant Jelly Sandwiches
Hot Coffee in Thermos Bottle
(evaporated milk)
Stewed Figs (in cup)

Before the work of digestion can be fairly begun, the food in the stomach must be at a certain temperature. If only cold food be offered the stomach, it will rob the body of its natural heat to supply its needs. Cold depresses the flow of saliva, while warm food tends to increase such flow. This points to the advisability of including at least one warm dish in any meal.

Where heating appliances, as a gas range, are available in an office, the heating of a can of soup offers an easy way of introducing a hot dish into the meal. A cup of hot bouillon is made by dissolving an Armour Bouillon Cube in hot water. It is a splendid mid-morning drink for the office worker and more healthful than tea or coffee for luncheon. When a gas range is not possible the thermos bottle may be used for hot coffee, tea, cocoa or consommé. Coffee, tea and cocoa, and especially the coffee and cocoa, may be improved and made more nutritious by the addition of evaporated milk.

## Lunches for High School Pupils

I

Hot Canned Consommé in Thermos Bottle
Mayonnaise with Canned Salmon and Peas
Thin Bread-and-Butter Sandwiches
Apple Turnover
Cream Cheese
Stewed Figs

II

Veal Loaf, Sliced
Rye-Meal Muffins, Split and Buttered
Pickled Beets (sliced in cup)
Bread-and-Butter and Peanut-Butter Sandwiches
Choice Stewed Prunes
(in cup)
Hot Cocoa in Thermos Bottle

III

Hot Tomato Soup in Thermos Bottle
Eggs Scrambled with Potted Ham
(in cup)
Whole-Wheat Bread-and-Butter Sandwiches
Celery Hearts
Cornstarch Blancmange with Soft Custard
(in cup)
Banana

IV

Hot Chicken Soup in Thermos Bottle
Brisket Beef Sandwiches
Olives Celery Hearts
Chocolate Cake Shelled Nuts
Baked Apples
(in cup)

Children of high school age need foods in variety and such as abound in flavor. At this time of life growth is rapid and the quantity of food eaten, especially of food that is rich in protein (meat, fish, eggs, milk, etc.), should be abundant. While plenty of meat may well form a part of each lunch, care should be taken to present it in an appetizing form. Let the meat be sliced thin and the number of slices not be subject to count. You may send the same materials in one sandwich or in five, but the five will be eaten with relish while the one may be brought back home, half eaten.

Keep each variety of food distinct from all others. The same thermos bottle will not answer alternately for soup and beverage. Two bottles are needed, and after being washed at night should be left open in the fresh air until again needed.

Be sure to vary the kind of bread often.

Crisp lettuce and celery, carefully washed and dried, may be so wrapped in parchment paper that the air is excluded and the vegetables kept in an edible condition. Lettuce should not be used in sandwiches unless they are to be eaten as soon as made, for wilted lettuce is most indigestible.

# Delicious dishes using Package Foods

## Veribest Tuna Fish Salad

METHOD: Cut around the can close to the edge, drain off the liquid and turn the fish on a bed of lettuce in a compact shape. Over each can of fish pour a cupful of mayonnaise dressing; sprinkle the whole with shreds of green or red pepper and slices of olives.

## Creamed Corned Beef au Gratin

*1 cupful Armour's Veribest Evaporated Milk*
*1 cupful boiling water*
*½ an onion*
*2 stalks celery*
*¼ cupful Cloverbloom Butter*
*¼ cupful flour*
*¼ teaspoonful salt*
*¼ teaspoonful paprika*
*1 can Armour's Veribest Corned Beef*
*3 tablespoonfuls melted Cloverbloom Butter*
*¼ cupful cracker crumbs*

METHOD: Put the evaporated milk and water over the fire in a double boiler, add the onion and celery and let cook about fifteen minutes, then skim out the vegetables. Cream the butter, beat in the flour, salt, and paprika, and stir into the hot milk; continue to stir until smooth and thickened somewhat, cover and let cook fifteen minutes. Cut the can of corned beef into cubes half an inch in diameter, stir these into the hot milk and turn into a buttered baking dish. Mix the melted butter and crumbs and spread over the meat. Set into the oven to brown the crumbs.

## Creamed Veribest Corn au Gratin

*1 can Veribest Corn*
*3 tablespoonfuls oleomargarine*
*3½ tablespoonfuls flour*
*½ teaspoonful salt*
*¼ teaspoonful black pepper*
*1 teaspoonful sugar*
*½ cupful Armour's Evaporated Milk*
*½ cupful water*
*3 tablespoonfuls melted butter*
*⅔ cupful fine cracker crumbs*

METHOD: The corn may be used as it is or chopped fine. Melt the oleomargarine, add flour, salt, pepper and sugar; stir until well blended and bubbling; add the milk and water and stir until boiling; stir in the corn and turn the mixture into a buttered baking dish. Mix the cracker crumbs with the melted butter, spread them over the corn mixture and let stand in the oven until evenly browned.

## Baked Caramel Custard

*½ cupful sugar*
*1½ cupfuls boiling water*
*1 can Armour's Veribest Evaporated Milk*
*2 whole eggs*
*4 egg yolks*
*½ teaspoonful salt*
*4 tablespoonfuls sugar*

METHOD: Stir the sugar in a saucepan directly over the fire until melted and of amber color; pour on the boiling water and stir and cook until the caramel is dissolved; add the evaporated milk; beat the whole eggs and the yolks, add the salt and sugar, mix thoroughly; gradually stir the milk mixture into the egg mixture. Butter a baking dish, dredge the butter with sugar; turn in the preparation; put half a dozen or more layers of paper in a dish, on the papers set the dish of custard, pour boiling water around the custard to half its height. Bake till the center of the custard is firm. The water should not boil during the cooking.

## Veribest Salmon Salad

*1 can Veribest Salmon*
*4 tablespoonfuls salad oil*
*2 tablespoonfuls vinegar*
*½ teaspoonful salt*
*¼ teaspoonful pepper*
*crisp lettuce*
*mayonnaise dressing*
*hard-boiled eggs*

METHOD: Flake the salmon, mix with French dressing made of salad oil, vinegar, salt and pepper. Arrange on lettuce and add mayonnaise dressing. Garnish with sliced hard-boiled eggs.

## Veribest Beef Tongue and Spinach

*spinach*
*teaspoonful salt*
*small piece pork*
*salt, pepper*
*butter*
*Armour's Veribest Beef Tongue*

METHOD: Wash spinach very carefully in several waters before putting it into boiling water in which has been placed a large teaspoonful of salt and a small piece of pork. Let it boil quickly and when done pour off the water, season with salt, pepper and butter. Heap the spinach in a platter and surround it with thin slices of Armour's Veribest Beef Tongue.

**(Note directions on can regarding opening of same.)**

## Luncheon Beef and Macaroni in Tomato Sauce

*1 can Veribest Luncheon Beef, cut in cubes*
*1 cupful macaroni, cooked tender*
*4 cupfuls canned tomato purée*
*⅛ cupful Armour's Oleomargarine*
*½ cupful flour*
*1 teaspoonful salt*
*½ teaspoonful pepper*

METHOD: Cook the macaroni in rapidly-boiling salted water until tender. Press enough canned tomato through a sieve to make four cupfuls of thickish liquid (purée) (Veribest Tomato Soup may be used). Melt the Oleomargarine, in it cook the flour and seasoning, add the tomato and stir until boiling; add the macaroni and meat and let stand undisturbed over boiling water until very hot.

## Veribest Brisket Beef, Breaded

*fat salt pork*
*can Veribest Brisket Beef*
*1 egg*
*3 tablespoonfuls cold water or Veribest Evaporated Milk*
*cracker crumbs.*

METHOD: Cut the pork in bits and try out the fat. Cut the beef in slices. Beat the egg, add the water or milk, or half of each, and mix thoroughly. Dip the slices of meat in the egg, then in the crumbs; repeat the dipping if necessary to coat smooth. Fry in the fat until browned on one side, then turn to brown the other side.

## Luncheon Beef Stew

*6 onions*
*1 pint sliced potatoes*
*1 can Veribest Tomato Soup*
*1 can Veribest Luncheon Beef*
*1 can Veribest Peas*
*½ teaspoonful pepper*
*1 teaspoonful (or more) salt*
*2 tablespoonfuls Veribest Chili Sauce*

METHOD: Peel the onions, cover with boiling water and let cook until they are nearly tender and the water is somewhat reduced. Add the tomato soup. Parboil the potatoes five minutes, drain and add to the onions and soup and let cook ten minutes; add the luncheon beef, cut in slices, and the peas, and let simmer until the potatoes are done, add the salt, pepper and chili sauce. Serve very hot.

## Hot Canned Veribest Salmon, Egg Sauce

METHOD: Set the cans of Veribest Salmon in a saucepan of boiling water, cover and let boil about half an hour. Cut the cans close to the edge, drain off the liquid and turn the fish in a solid piece on a hot dish. Garnish with parsley.

## Egg Sauce for One Can Salmon

*3 tablespoonfuls Cloverbloom Butter*
*¼ cupful flour*
*½ teaspoonful salt*
*¼ teaspoonful pepper*
*1 cupful cold water*
*1 cupful boiling water*
*3 tablespoonfuls Cloverbloom Butter*
*1 hard-cooked egg, cut in slices*

METHOD: Melt the first portion of butter, add the flour, salt and pepper, cook until frothy, add the cold water, stir until well blended; add the boiling water and stir until boiling, let boil three minutes; beat in second portion of the butter a little at a time, add the egg and turn into a sauce boat or pour over the fish on the platter.

## Armour's Package Shortening

### "Simon Pure" Leaf Lard—Shield Lard—Vegetole

**Oval Label Products for Every Requirement of Shortening and Frying**

Armour and Company, the largest makers of lard in America, present the famous brand known as "Simon Pure" Leaf Lard as the "cream of lards"—the perfect shortening for bread and pastry, the ideal medium for deep frying and other cooking purposes.

"Simon Pure" is made *only* from leaf fat. Because of its purity and extra richness, it goes one-third farther than ordinary lard.

"Simon Pure" is rendered in open kettles; all moisture is driven out of it. That is why it can be heated to 476° F. before it reaches the smoking point, a temperature much higher than that needed for any form of deep frying.

"Simon Pure" will not hold taste or odors of foods; it can be clarified and used over and over again; the extreme high smoking point lessens danger of burning.

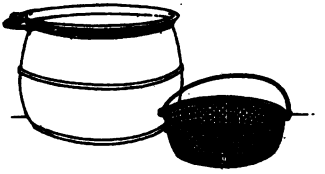
"Simon Pure" is sold only in pails,—five convenient sizes.

### Other Pail Shortenings

Not only is "Simon Pure" sold *only* in sanitary pails, but the same method protects the ever popular Shield Lard, a pure, high-grade product which gives satisfaction to growing thousands of housewives. Both "Simon Pure" and Shield Lard are Government-inspected and reach you under the Government seal.

For those who wish a high-grade, *purely vegetable* shortening Armour and Company provide the very highly refined product Vegetole, the delicacy and purity of which make it a favorite with good cooks everywhere.

# Frying



Frying is cooking in deep fat. A two-quart cast aluminum kettle of the Scotch bowl type, rounded at bottom and provided with a wire basket is the most convenient. In a two-quart kettle use two pounds of Armour's "Simon Pure" Leaf Lard.

## Points to be Remembered When Frying

Heat the lard slowly. Test for right temperature. See table below. Avoid chilling lard by putting in too much food. Reheat lard between fryings. Drain all fried food on soft paper. When frying is finished, draw kettle to back of stove. Add sliced potato to absorb particles of food. Fat thus clarified can be used repeatedly. Strain fat through cheesecloth after clarifying. Cool strained fat, cover and keep in cool place.

## To Test the Temperature of Fats

Heat fat until a cube of bread cooked in the fat becomes a golden brown in:

| 60 SECONDS | 40 SECONDS | 20 SECONDS |
|---|---|---|
| for | for | for |
| Doughnuts, fritters and all food which has not been previously cooked | Fishballs Croquettes | Potato chips |

## Foundation Recipes

### Plain Pastry

*1½ cupfuls flour*
*1 teaspoonful salt*
*¼ cupful Armour's "Simon Pure" Leaf Lard*
*⅓ cupful ice water*

METHOD: Mix salt with flour and sift twice, add lard and chop until of a mealy consistency, add water to make a stiff paste. Toss on a floured board, roll out. Roll like a jelly roll, chill one-half hour, then roll and use. Sufficient for one pie.

### Flaky Pastry

*1½ cupfuls flour*
*1 teaspoonful salt*
*⅓ cupful Armour's "Simon Pure" Leaf Lard*
*ice water*

METHOD: Mix salt and flour. Reserve two tablespoonfuls lard, add remainder to flour and chop until of a granular consistency. Moisten to a stiff dough with ice water. Roll on a floured board, dot with the reserved lard, dredge with flour. Roll like a jelly roll, chill. Roll one-half of paste for lower crust and one-half for top.

## Doughnuts

*1¼ cupfuls sugar*
*2 egg yolks*
*1 whole Veribest Egg*
*1 cupful milk*
*4½ cupfuls flour*
*1 teaspoonful salt*
*1 teaspoonful soda*
*2 teaspoonfuls cream of tartar*
*few gratings nutmeg*
*Armour's "Simon Pure" Leaf Lard*

METHOD: Mix sugar, eggs and milk, beat well, sift flour, salt, soda and cream of tartar four times, add nutmeg, combine mixtures, beat well, chill in ice chest at least an hour, overnight is better. Roll on a floured board, cut out with doughnut cutter and fry in Armour's "Simon Pure" Leaf Lard. The fat is at the right heat when it browns a crumb of bread in sixty seconds.

## Baking Powder Biscuit

*2 cupfuls sifted flour*
*4 teaspoonfuls baking powder*
*1 teaspoonful salt*
*2 tablespoonfuls Armour's "Simon Pure" Leaf Lard*
*¾ to 1 cupful milk or ½ milk and ½ water*

METHOD: Mix and sift the dry ingredients, add lard, chop mixture until of a mealy consistency. Add milk gradually until a soft spongy dough is formed. Turn onto a floured board, toss with a knife until whole surface is floured, pat lightly with a rolling pin until one-half inch thick.

Cut out and bake immediately on a greased sheet in a quick oven, about twelve minutes.

## Mince Pie in Glass Pie Plate

*1½ cupfuls pastry flour*
*1 teaspoonful salt*
*¼ cupful Armour's "Simon Pure" Leaf Lard*
*cold water*
*Armour's Veribest Mince Meat*

METHOD: Mix and sift flour and salt, add lard and chop until mixture resembles meal. Chill, add cold water to make a stiff paste. Roll pastry ⅛ inch in thickness. Cut pastry ⅛ inch larger than the plate to be filled. Spread on plate, wet edge of crust with cold water. Cover wet edge with a strip of pastry ½ inch wide. Fill the plate with Armour's Veribest Mince Meat. Cover with pastry cut ¼ inch larger than the plate. Press edges of pastry firmly together. Prick top of crust with fork. Bake. Place pie in hot oven at first, reducing heat after crust becomes hardened. Turn frequently while baking. Bake until a golden brown—about forty-five minutes.

## Chicken Croquettes with Peas

*¼ cupful "Simon Pure" Leaf Lard*
*½ cupful flour*
*½ teaspoonful salt*
*⅛ teaspoonful pepper*
*1½ cupfuls milk*
*1 Veribest Egg*
*2 cupfuls chicken meat cut in cubes*
*1 teaspoonful Worcestershire Sauce*

*1 Veribest Egg, 4 tablespoonfuls water*
*sifted bread crumbs*
*"Simon Pure" Leaf Lard for frying*
*Veribest Canned Peas*
*Cloverbloom Butter*
*salt, pepper*

METHOD: Melt lard, add flour, salt and pepper and liquid, cook until thick, add egg slightly beaten and chicken and Worcestershire sauce. Chill thoroughly, shape in croquettes, allowing two level tablespoonfuls of mixture for each croquette.

Beat the one egg in a soup plate, add water. Spread bread crumbs on board. Dip croquettes in bread crumbs, then in egg, and again in crumbs. Roll each croquette on board until shaped and fry in deep lard, using frying basket and Scotch kettle. Drain on brown paper, arrange on platter, and garnish with hot peas, well seasoned with butter, salt and pepper.

## Foundation Recipes Using 2 Tablespoonfuls Armour's "Simon Pure" Leaf Lard

| | "Simon Pure" | Sugar | Milk | Flour | Baking Powder | Corn Meal | Graham Flour | Eggs | Salt | Soda | Yeast | Molasses | Spices | Vanilla |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bread | 2 TB | 1 TB | 2 C | 6 C | | | | | 2½ TP | | 1 CK | | | |
| Graham Muffins | 2 TB | ¼ C | 1 C | 1 C | | | 1 C | 1 | ½ TP | | | | | |
| Corn Cake | 2 TB | ¼ C | 1 C | 1¼ C | 3 TP | ¾ C | | 1 | ½ TP | | | | | |
| Cookies | 2 TB | 1 C | ½ C | 2 C | 2 TP | | | 2 | ½ TP | | | | | ½ TP |
| White Cake | 2 TB | ¼ C | ½ C | ¾ C | 2 TP | | | 2 W | ½ TP | | | | | ½ TP |
| Spice Cake | 2 TB | ¾ C | ¼ C | ¾ C | 2 TP | | | 2 Y | ½ TP | | | | 4 TP | |
| Ginger Bread | 2 TB | ⅓ C | ¼ C | 1⅓ C | | | | | ¼ TP | ½ TP | | ½ C | 1 TP | |

### Method

**Bread**

Scald milk, add lard, cool, add sugar and yeast. Add 2 cups flour and salt, beat well, add remainder of flour. Knead until smooth. Let rise until double in bulk. Knead again, place in greased pan, and let rise again, bake one hour in moderate oven.

**Graham Muffins**

Beat egg very light, add sugar, flour, baking powder and salt sifted together and milk. Beat well, add melted lard, pour into greased pan and bake in quick oven 25 minutes.

**Corn Cake**

Mix as Graham Muffins and bake in greased cake pan 30 minutes in moderate oven.

**Cookies**

Cream lard, add 2 TB. sugar, eggs well beaten, remainder of sugar, flour mixed and sifted with baking powder and salt alternately with milk. Beat well, add flavoring, chill, roll, cut and bake.

**White or Spice Cake**

Follow rule for mixing cookies and bake in a greased pan in a slow oven 45 to 60 minutes.

**Gingerbread**

Sift soda into molasses, add sugar, salt, spices, flour sifted and milk, beat well and add lard melted, pour into greased pan, and bake in a moderate oven 30 to 40 minutes.

Abbreviations: TB—Tablespoonful, TP—Teaspoonful, C—Cupful, CK—Cake, W—Egg White, Y—Egg Yolk

## French Fried Potatoes

METHOD: Pare potatoes of uniform size. Cut in eight pieces lengthwise. Place potatoes in cold water to which has been added lemon juice or vinegar. Let stand two hours. Drain, dry on a soft cloth and fry in hot "Simon Pure" Leaf Lard about three minutes, drain on brown paper, sprinkle with salt, and serve hot.

*Caution.* In frying potatoes care should be taken to put into the fat only a few pieces, about six or eight, at a time.

## Peach Shortcake

*2 cupfuls flour*
*4 teaspoonfuls baking powder*
*½ teaspoonful salt*
*4 tablespoonfuls "Simon Pure" Leaf Lard*
*1 cupful Veribest Evaporated Milk*
*1 dozen canned peaches (Armour's Veribest)*
*1 cupful sugar*
*1 cupful beaten cream*

METHOD: Mix and sift flour, baking powder and salt. Add lard and chop. Add milk. Spread in two greased round pans. Bake twelve minutes. Remove from oven. Invert on large serving plate. Spread with butter. Cover one buttered cake with peaches. Cover peaches with other shortcake. Decorate top with peaches and spoonfuls of beaten cream.

## Sautéed Green Tomatoes

*6 tablespoonfuls "Simon Pure" Leaf Lard*
*6 tablespoonfuls flour*
*6 teaspoonfuls brown sugar*
*1 teaspoonful salt*
*¼ teaspoonful pepper*
*6 green tomatoes*

METHOD: Melt one tablespoonful lard in frying pan on back of range. Mix flour, sugar, salt and pepper. Slice tomatoes, dip in flour mixture and sauté in lard first on one side and then on other, add more lard as needed. Delicious with steak.

## Soft Molasses Cookies

*½ cupful melted "Simon Pure" Leaf Lard*
*1 cupful molasses*
*1¼ cupfuls brown sugar*
*1 cupful Veribest Evaporated Milk*
*1 Veribest Egg*
*5 cupfuls flour (about)*
*3 teaspoonfuls baking powder*
*1 tablespoonful ginger*
*1 tablespoonful cinnamon*
*2 teaspoonfuls salt*
*few grains of cayenne*
*1 teaspoonful lemon juice*

METHOD: Boil lard, molasses and sugar five minutes; cool, add milk and egg well beaten. Mix and sift dry ingredients, add to egg mixture, beat well, add lemon juice, chill, cut in thick cookies and bake in quick oven. The egg may be omitted.

## Nut and Raisin Bread

*1 cupful Graham flour*
*1 cupful entire-wheat flour*
*1 cupful bread flour*
*1½ teaspoonfuls salt*
*¾ cupful brown sugar*
*4 teaspoonfuls baking powder*
*¾ cupful chopped nuts*
*½ cupful seeded raisins*
*1 Veribest Egg*
*1 cupful Veribest Evaporated Milk or*
*1 cupful water*
*2 tablespoonfuls melted "Simon Pure" Leaf Lard*

METHOD: Mix and sift the flours, salt, sugar and baking powder; add remaining ingredients and beat well. Turn into greased bread pans, let stand one-half hour, then bake in moderate oven about forty-five minutes.

## Armour's Oleomargarine

Glendale
*(natural color)*

Silver Churn
*(white)*

The increasing use of high-grade Oleomargarine in the homes of well-to-do people is due to a growing understanding among intelligent housewives as to its composition and the ideal conditions under which it is made.

No food product is more safeguarded in the making. The ingredients are those used daily in every home for cooking and baking—highly refined fats, churned with pasteurized milk. In Glendale is contained a good proportion of high-grade uncolored creamery butter.

Science has removed the element of luck and haphazard chance in the manufacture of this product. Definite formulas are used. This insures uniformity.

Dietitians and cooking experts agree in endorsing high-grade Oleomargarine for all purposes for which butter is used. They know this to be a helpful economy. They also know the ideal conditions under which Glendale and Silver Churn Oleomargarines are produced. In the Armour Oleomargarine churnery the most scrupulous cleanliness prevails. Government inspectors supervise every step in the making, and the package in which the product reaches the consumer shows on the label that the contents have been inspected and passed.

Glendale is our highest grade natural color Oleomargarine; it is churned with pasteurized milk and uncolored creamery butter, which gives it an appetizing shade of yellow.

Silver Churn Oleomargarine contains no butter; it is churned with pasteurized milk and cream; it has the natural white color.

Both brands, Glendale and Silver Churn, are Oval Label products, which insures a high standard at all times.

## Raisin Drop Biscuit

*3 cupfuls flour*
*6 teaspoonfuls best baking powder*
*1 teaspoonful salt*
*½ cupful Armour's Oleomargarine*
*1½ cupfuls milk*
*1 cupful raisins*

METHOD: Sift flour, baking powder and salt into bowl; add oleomargarine and rub in very lightly until smooth; then add the milk slowly. Add the raisins. The dough must be soft enough so it will drop from the spoon on bake sheet, or in muffin tins that have been brushed with melted oleomargarine. Bake in hot oven twelve to fifteen minutes. Some flour will need less milk than others.

## Gingersnaps

*1 cupful Armour's Oleomargarine*
*1 cupful brown sugar*
*1 teaspoonful salt*
*1 cupful New Orleans molasses*
*1 teaspoonful ground ginger*
*flour enough to make a stiff dough*

METHOD: Cream the oleomargarine, sugar and salt together; add molasses, which has been heated, then the ginger. Add the flour, enough to make a stiff dough. Place on floured board and roll out very thin, cut with fancy cutter.

Place on floured bake sheet and bake eight to ten minutes in moderate oven. More spice can be used. No baking powder or baking soda is used with this recipe.

## Grandmother's Cookies

*½ cupful Armour's Oleomargarine*
*1 cupful sugar*
*1 teaspoonful baking soda*
*½ cupful sour milk*
*4 cupfuls flour or flour enough to handle*

METHOD: Cream the oleomargarine and sugar until smooth; add the sour milk; then the baking soda dissolved in one teaspoonful of boiling water; sift the flour and add to the mixture. Dust the bake board with flour, turn out the dough; roll ¼ inch thick and cut with cruller cutter; sprinkle with granulated sugar; bake twelve minutes in hot oven.

## Cocoa Nut Bars

*½ cupful Armour's Oleomargarine*
*2 cupfuls sugar*
*½ cupful milk*
*3 Veribest Eggs*
*½ teaspoonful baking soda dissolved in 1 tablespoonful water*
*1 cupful cocoa or grated chocolate*
*½ teaspoonful cream of tartar*
*3 cupfuls flour*
*2 tablespoonfuls chopped nuts*

METHOD: Cream the oleomargarine and sugar together, add the milk slowly, then two well-beaten eggs. Add the baking soda, dissolved in water; then sift the cocoa into the mixture. Sift the cream of tartar with one cupful of flour and add to the mixture. Add the remainder of the flour. If more flour is needed, add. Place on floured board and roll out ¼ inch thick. Cut into strips four inches long and one inch wide. Brush the top with well-beaten egg, then sprinkle with the chopped nuts. Bake in hot oven twelve to fifteen minutes.

## Strawberry Shortcake

*3 cupfuls pastry flour*
*6 teaspoonfuls baking powder*
*½ teaspoonful salt*
*5 tablespoonfuls Armour's Oleomargarine*
*1 cupful milk (about)*

*2 quarts strawberries*
*2 cupfuls granulated sugar*

*1 cupful whipped cream*
*2 tablespoonfuls granulated sugar*

*Armour's Oleomargarine to spread the cakes*

METHOD: Sift together the flour, baking powder and salt and cut in the oleomargarine; then stir in the milk to make a dough that may be spread with a spoon. The dough should be nearly stiff enough to knead. Bake from fifteen to twenty minutes in two round tins, rubbed over with oleomargarine. Hull and wash the berries; reserve about a cupful of the choicest berries as a garnish; cut the others in halves and mix with the sugar, crushing them slightly. Beat the cream and two tablespoonfuls of sugar very light. When the cakes are baked, remove from the tins, spread each generously with oleomargarine and put them together with the sugared berries between and above; dispose the cream on top and set the whole berries here and there in the cream. Serve at once.

## Chocolate Layer Cake

(Recipe on page 30)

## Croutons of Cauliflower, Maître d'Hôtel

METHOD: Trim the crusts from slices of stale bread to make squares of the same size. Have as many squares as persons to be served. With a round cutter mark a ring in the center of each square, cutting halfway through the bread. Take out the crumb inside the ring to leave a hollow in the center. Brush or spread these squares with softened Armour's Oleomargarine. Set them into the oven on an agate plate, rubbed over with oleomargarine. Turn as needed to color them a delicate and even amber shade. Set a floweret of cooked cauliflower in the hollow of each crouton and pour over Maître d'Hôtel Sauce. Garnish with other fancy-shaped croutons prepared in the same way, and with tips dipped in white of egg and fine-chopped parsley. Serve at once. The heat of the cauliflower should melt the sauce.

## Maître d'Hôtel Sauce

METHOD: For four croutons, beat one-fourth a cupful of Armour's Oleomargarine to a cream; beat in half a teaspoonful of paprika, a tablespoonful of fine-chopped parsley and, drop by drop, about three-fourths a tablespoonful of lemon juice. This sauce is appropriate for any cooked vegetable and for broiled fish or meats. Do not set the dish into the oven to melt the sauce; the heat of the cooked article should suffice.

## Cheese, Pecan Nut and Pimento Sandwiches

METHOD: Cut Boston brown bread and white bread into thin slices and stamp into rings with a doughnut cutter. Beat one-fourth a cupful of Armour's Oleomargarine to a cream; gradually beat in half a cupful (measured light) of grated Veribest Cheese, half a teaspoonful of paprika and one-fourth a cupful of sliced pecan nut meats. Use this to spread the prepared bread; drop on the mixture here and there thin slices of pimento, then press two pieces together. If the sandwiches are not to be served at once, wrap in waxed paper and a towel, or store in an earthen jar.

## Chocolate Layer Cake

(Illustrated on Page 28)

*¼ cupful Armour's Oleomargarine*
*1½ cupfuls sugar*
*3 egg yolks*
*¼ cupful milk*
*2¼ cupfuls flour*
*3¼ teaspoonfuls baking powder*
*3 egg whites, beaten light*

METHOD: Cream the oleomargarine and gradually beat in half the sugar; beat the yolks, beat in the rest of the sugar, and beat the two together. Add the milk, alternately, with the flour sifted with the baking powder and, lastly, beat in the egg whites. Bake in three layer-cake pans, rubbed over with oleomargarine, about twenty minutes. Put the layers together and decorate the top with chocolate frosting.

### Chocolate Frosting

*1½ cupfuls granulated sugar*
*½ cupful boiling water*
*3 egg whites, beaten very light*
*3 squares chocolate melted*
*¼ teaspoonful vanilla, Armour's*

METHOD: Melt the sugar in the boiling water, wash down the inside of the saucepan, cover and let boil hard three minutes; uncover and let cook to a rather firm "soft ball," or to 240° F. on the sugar thermometer; pour in a fine stream on the egg whites, beating constantly meanwhile; when all the syrup has been beaten into the egg whites, gradually beat in the chocolate and vanilla. After disposing frosting between the layers and on top of the cake, pipe the rest on the edge and at the center of the cake.

## Rich Four-Layer Cocoa Cake

### (Light Part)

*½ cupful Armour's Oleomargarine*
*1½ cupfuls sugar*
*a pinch salt*
*½ cupful milk*
*2 cupfuls flour*
*2 teaspoonfuls best baking powder*
*4 egg whites*

METHOD: Cream oleomargarine, sugar and salt together until light and creamy; add milk slowly and half the flour, which has been sifted with the baking powder. Separate the eggs, beat the whites until light and mix in very lightly; then fold in the rest of the flour and baking powder. Line two jelly or ten-inch square pans with double paper and bake fifteen to twenty minutes; time depends on heat of oven. When cool, remove paper.

### (Dark Part)

*½ cupful Armour's Oleomargarine*
*1¼ cupfuls sugar*
*½ cupful milk*
*4 egg yolks*
*½ cupful cocoa*
*1½ cupfuls flour*
*2 teaspoonfuls best baking powder*
*a pinch salt*

METHOD: Cream oleomargarine and sugar until light; add milk slowly; beat the yolks of eggs until creamy, and add slowly, stirring all the time; sift cocoa, flour, baking powder and salt together, fold in lightly. Line two of the same size pans as for the white cake; bake twenty minutes in moderate oven; put together alternately with boiled icing; cover top with icing, decorate with blanched almonds.

## Nut Loaf Cake

*¼ cupful Armour's Oleomargarine*
*1½ cupfuls sugar*
*4 Veribest Select Eggs*
*1 cupful Veribest Evaporated Milk*
*3 cupfuls flour*
*4 level teaspoonfuls best baking powder*
*1 cupful pecans*

METHOD: Rub oleomargarine and sugar together until creamy; add the well-beaten yolks slowly and rub into a light, airy mass. Then add the milk slowly alternately with the flour which has been sifted twice with the baking powder. Add the nuts which have been put through the food chopper; then beat the whites of eggs until stiff and stir in very lightly. Brush Turk's head (tube pan) with melted oleomargarine or line with paper. Bake in very moderate oven fifty to fifty-five minutes. Test by pressing on top. If it does not leave an impression the cake is done; or use a fine knitting needle.

## Molasses Gems

*1 cupful Armour's Oleomargarine*
*1 cupful brown sugar*
*1 cupful New Orleans molasses*
*1 teaspoonful baking soda*
*1 cupful boiling water*
*1 teaspoonful cinnamon*
*½ teaspoonful grated nutmeg*
*3 cupfuls flour*
*1 cupful seedless raisins*

METHOD: Stir oleomargarine, sugar and molasses until smooth; add baking soda which has been dissolved in hot water. Add cinnamon and nutmeg. Add the raisins to the sifted flour and stir into the other ingredients. Brush gem irons with melted oleomargarine, and fill half full. Bake in slow oven twenty minutes. This amount makes four dozen small gems.

## Peanut-Butter Biscuit

For School Children's Luncheon or Picnic Luncheon Box

*3 cupfuls flour*
*6 level teaspoonfuls best baking powder*
*1 level teaspoonful salt*
*½ cupful Armour's Oleomargarine*
*1 cupful Veribest Peanut Butter*
*1 cupful Veribest Evaporated Milk*

METHOD: Sift flour, baking powder and salt into bowl; add oleomargarine and peanut butter. Rub very lightly until well mixed; then add the cold milk slowly until a light dough. Pat three-quarters inch thick on floured board and cut with small biscuit cutter. Brush top with milk and bake in hot oven fifteen to eighteen minutes. More milk may be needed. The milk depends on the flour one uses.

## German Sugar Cake

*3 cupfuls flour*
*6 teaspoonfuls best baking powder*
*1 teaspoonful salt*
*¼ cupful Armour's Oleomargarine*
*1½ cupfuls Veribest Evaporated Milk*
*1 teaspoonful cinnamon*
*¼ cupful brown sugar*

METHOD: Sift flour, baking powder and salt into bowl, add oleomargarine and rub in very lightly. Then add the milk slowly. This makes rather a soft dough. Place on floured board and roll out one inch thick. Place on bake sheet or two large pie plates. Dust with cinnamon and cover with brown sugar. Dot top with small pieces of oleomargarine. This makes a very good luncheon cake.

## Armour's Bouillon Cubes

An appetizer that is both healthful and stimulating is hot bouillon made with Armour's Bouillon Cubes. It is warming and refreshing and can be freely taken with pleasure and profit by old and young. One cube makes a cupful of rich, delicious bouillon. Just drop cube in cup, pour on boiling water, serve.

A variety of ways in which Armour's Cubes (beef, chicken or clam) may be used are told in the following pages.

### Ways of Varying Plain Consommé

(1) To 1 cupful add teaspoonful Armour's Oyster Cocktail Sauce.
(2) To 1 cupful add teaspoonful Tomato Purée.
(3) To 1 cupful add thin slice Star Summer Sausage 1 minute.
(4) To 1 cupful add cubes Veribest Cheese.
(5) To 3½ pints add 3 tablespoonfuls cooked rice or macaroni. Salt to taste. (Six persons.)
(6) To 3½ pints add 1 tablespoonful each chopped carrot and onion. Heat to boiling point and add 1 tablespoonful each canned corn and peas. Salt to taste. (Six persons.)

### Plain Consommé

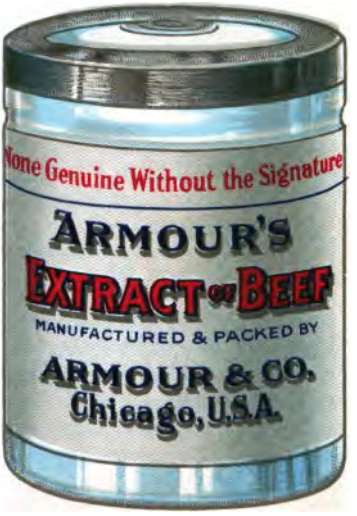
METHOD: Beef, chicken or clam bouillon may be made instantly. Drop an Armour Bouillon Cube into a cup and pour boiling water over it. Serve with wafers.

### Armour's Extract of Beef

The secret of economical and successful cooking can be found in the use of Armour's Extract of Beef. This is just beef essence—the soluble salts of the meat.

To meat and vegetable dishes, it gives fine flavor and richness. To left-overs it restores the sweetness and tastiness. It makes delicious soups, stews and gravies. Use it in croquettes, salads and vegetable dishes,—it gives relish and zest. Thus it meets many kitchen emergencies and solves many kitchen problems.

Armour's Extract of Beef is very highly concentrated; use it sparingly, else your food will be too rich.



## Brown Gravy

*¼ teaspoonful Armour's Extract of Beef*
*1 pint hot water*
*2 tablespoonfuls Armour's Oleomargarine*
*2 tablespoonfuls flour*
*¼ teaspoonful salt*

METHOD: Dissolve the extract of beef in the hot water. Put flour and oleomargarine in a pan, place over fire and rub flour smooth with the melting oleomargarine. When this is thoroughly blended and browned add the salt, hot water, and beef extract slowly, stirring constantly to prevent lumping. Let gravy come to a boil, and serve. Makes one pint. Time required, ten minutes. Gravy will be rich and of a delicious flavor.

## Directions for Using Hot Water and Cubes

METHOD: Armour's Bouillon Cubes make it possible for the housewife to serve a delicious, refreshing beverage at a moment's notice. Drop one cube, either chicken, beef, or clam, into a cup, pouring boiling water directly on the cube. Each cube makes one cupful of choice bouillon.

# Standard Sauces Made with Armour's Extract of Beef

## Plain Brown Sauce (To serve with steaks and roasts)

*2 tablespoonfuls Armour's Oleomargarine*
*2 tablespoonfuls flour*
*1 teaspoonful pepper*
*1 teaspoonful Armour's Extract of Beef*
*½ teaspoonful salt*
*½ pint hot water*

METHOD: Melt the oleomargarine in a saucepan and stir into it the flour. While the flour is browning rub constantly with back of spoon to press out all lumps. When nicely browned add seasoning and water in which the extract has been dissolved. Let boil up and serve. This foundation sauce may be varied by the addition of various spices and vegetables.

## Sauce Piquante (To serve with fish)

*1 tablespoonful minced onion*
*1 bay leaf*
*1 teaspoonful celery seed*
*1 tablespoonful vinegar*
*1½ tablespoonfuls flour*
*2 tablespoonfuls Cloverbloom Butter*
*½ teaspoonful Armour's Extract of Beef*
*1 cupful boiling water*
*½ teaspoonful salt*
*1 egg yolk*
*1 tablespoonful vinegar*
*4 tablespoonfuls purée of tomato*

METHOD: Pour one-half cupful of cold water over onions, bay leaf, celery seed and vinegar. Let boil rapidly for a moment; strain and cool. Mix flour and butter as directed for Plain Sauce, add the Armour's Extract of Beef dissolved in the boiling water. When sauce boils, remove from heat, add salt and beaten egg yolk, stirring constantly. Put sauce over fire again and add the vinegar and tomato purée.

## Sauce a la Béchamel

(To serve with chicken, croquettes and delicate meats)

*2 tablespoonfuls flour*
*2 tablespoonfuls Cloverbloom Butter*
*¼ cupful Veribest Evaporated Milk*
*1 tablespoonful Armour's Extract of Beef*
*¾ cupful boiling water*
*1 tablespoonful salt*
*½ tablespoonful pepper*
*dash of paprika*
*1 egg yolk*

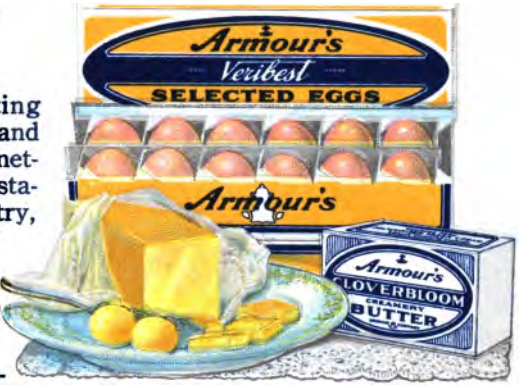
METHOD: Rub the flour smooth in the melted butter, add the milk and Armour's Extract of Beef dissolved in the boiling water. Stir until sauce boils, add seasoning, take from heat and add the yolks of the eggs beaten with a teaspoonful of evaporated milk. Reheat and serve. When flour and butter is properly blended these sauces do not require straining.

## Tomato Sauce

*2 tablespoonfuls Armour's Oleomargarine*
*2 tablespoonfuls flour*
*1 tablespoonful chopped onion*
*1 teaspoonful mace*
*½ pint strained tomatoes*
*½ teaspoonful Armour's Extract of Beef*
*salt*
*pepper*

METHOD: Mix the butter and flour; add onion, mace, tomato and extract in order. Stir until boiling. Add salt and pepper, strain through a sieve and serve.

Cloverbloom Butter
Veribest Cheese
Veribest Eggs




The vast collecting facilities of Armour and Company, with their network of assembling stations all over the country, make the choice of high grade dairy products a natural extension of their food purveying.

Cloverbloom Butter is made in a rich pasture district; only sweet pasteurized cream is used. Its fine flavor and sweetness are so guarded by careful packing and advanced methods of distribution that it can be most highly recommended as the table butter for fastidious people.

Veribest Cheese is a full cream product made in the rich dairy regions of Wisconsin and New York. Delicate in flavor, it just suits the American taste in cheese.

Veribest Select Eggs are not only selected for size, but are so carefully candled that color and fullness may be ascertained. Thus we are confident of offering our customers dependable eggs at all seasons of the year.

Cloverbloom Butter, Veribest Cheese and Veribest Eggs are all Armour Oval Label Products.

Toast with Cloverbloom Butter

METHOD:- There is nothing more appetizing than crisp toasted bread served with Armour's Cloverbloom Butter. The individual portions of butter are readily moulded into attractive shapes with wooden paddles. These paddles are *first scalded* and then cooled in ice water to prevent the butter from adhering to them.

## Hunter's Corn Cake

*1 cupful corn meal*
*2 cupfuls white flour*
*2½ tablespoonfuls baking powder*
*1 teaspoonful salt*
*½ cupful sugar*
*2 Veribest Select Eggs*
*1 cupful Veribest Evaporated Milk*
*1 cupful cold water*
*thin slices Star Bacon cut in bits*
*Cloverbloom Butter*

METHOD: Sift dry ingredients together; add eggs, the milk and the water. Stir to a smooth mixture. Turn into well-greased shallow pan, sprinkle bacon evenly over the top. Bake half an hour.

## Canned Corn Griddle Cakes

*2 cupfuls Veribest Canned Corn*
*2 Veribest Select Eggs, beaten light*
*⅓ cupful Veribest Evaporated Milk*
*½ cupful water*
*1 cupful flour*
*4 teaspoonfuls baking powder*
*1 teaspoonful salt*
*3 tablespoonfuls melted Cloverbloom Butter*

METHOD: Chop the corn; add the eggs, the milk diluted with the water, and the flour sifted with the baking powder and salt, and mix thoroughly; add the butter and bake by the large spoonful in a hot, well-greased frying pan or on a griddle.

## Egg and Green Pepper Sandwiches

*6 hard-boiled Veribest Select Eggs*
*1 green pepper*
*2 tablespoonfuls olive oil*
*1 tablespoonful Veribest Ketchup*
*¼ teaspoonful salt*
*¼ teaspoonful Armour's Mustard*
*cream*

METHOD: Chop eggs and pepper, mix other ingredients and add to chopped eggs, moisten with cream and spread between thin slices of buttered bread. Cut in fancy shapes and keep in damp cloth until ready to serve.

## Egg Salad

*6 hard-boiled Veribest Select Eggs*
*¼ cupful mayonnaise*
*4 pimentos*
*2 hearts lettuce*
*1 teaspoonful paprika*

METHOD: Cut eggs in halves lengthwise, remove yolks, cut whites in thirds lengthwise. Mash yolks and add mayonnaise. Chop pimentos. Arrange lettuce in nests, put one tablespoonful pimento in each nest. Arrange whites of eggs on top of pimento in shape of a star. Put a teaspoonful of yolk in center of star, sprinkle with paprika and dot each nest with mayonnaise.

## Scalloped Tomatoes

*1 can Veribest Tomatoes*
*2½ cupfuls soft bread crumbs*
*½ cupful melted Cloverbloom Butter*
*1 teaspoonful salt*
*½ teaspoonful pepper*
*2 tablespoonfuls scraped onion if desired*

METHOD: Drain off nearly a cupful of the liquid from the tomatoes. Mix the butter with the crumbs. Put a layer of crumbs and a layer of tomato, alternately, in a buttered baking dish, seasoning the tomatoes with pepper and salt. Have the last layer one of crumbs. Bake until hot throughout and the crumbs are browned. If the onion is used, mix it through the tomato; fine-chopped parsley or a shredded green pepper may be added with the onion.

## Stuffed Eggs

*6 Veribest Select Eggs*
*6 tablespoonfuls Star Ham, minced*
*1¼ cupfuls thick white sauce*
*1 cupful buttered cracker crumbs*

METHOD: Cook eggs until hard, remove shells, cut eggs in halves, remove yolks. Mash yolks, add ham and moisten with white sauce, shape into balls, return to halves of whites and place two halves together. Arrange stuffed eggs in buttered baking dish, cover with white sauce, cover whole with buttered crumbs and cook in oven until crumbs are brown.

### Thick White Sauce

*4 tablespoonfuls Cloverbloom Butter*
*4 tablespoonfuls flour*
*½ teaspoonful salt*
*⅛ teaspoonful pepper*
*1½ cupfuls Veribest Evaporated Milk*
*few grains cayenne*

METHOD: Melt butter, add flour, stir until smooth, add other ingredients and cook ten minutes.

## Eggs in Ramequins

*1 cupful Veribest Cheese*
*1 teaspoonful salt*
*1 teaspoonful Armour's Mustard*
*6 Veribest Select Eggs*
*½ cupful buttered cracker crumbs*

METHOD: Butter individual ramequin dishes, sprinkle with grated cheese and salt and mustard, break egg on top of cheese mixture, sprinkle with more cheese and cover with buttered crumbs. Place ramequin dishes in a pan of hot water and bake in moderate oven about ten minutes. Serve immediately.

## Spanish Omelet

*4 Veribest Select Eggs*
*4 tablespoonfuls hot water*
*½ teaspoonful salt*
*⅛ teaspoonful pepper*
*1 tablespoonful Cloverbloom Butter*
*2 tablespoonfuls Cloverbloom Butter*
*2 tablespoonfuls chopped onion*
*2 cupfuls Veribest Canned Tomatoes*
*1 tablespoonful chopped pepper*
*⅛ teaspoonful salt*
*1 teaspoonful capers*

METHOD: Beat eggs slightly, add hot water, salt and pepper. Melt butter in omelet pan, when sizzling add egg mixture, and cook slowly until brown on the under side, add tomato sauce, turn and serve. For the tomato sauce, melt the two tablespoonfuls of butter, add onion and cook until a golden yellow; add tomato, pepper and salt and boil five minutes; add capers.

## Macaroni and Cheese

*2 tablespoonfuls Cloverbloom Butter*
*2 tablespoonfuls flour*
*1 teaspoonful salt*
*⅛ teaspoonful pepper*
*1½ cupfuls Veribest Evaporated Milk*
*1 cupful grated Veribest Cheese*
*1 cupful cooked macaroni*
*1 cupful cracker crumbs*
*few grains cayenne*
*2 tablespoonfuls Cloverbloom Butter*

METHOD: Melt butter, add flour, salt, pepper and milk, boil five minutes, add cheese, remove from fire and stir until cheese is melted. Arrange macaroni in baking dish, cover with cheese mixture. Mix cracker crumbs, cayenne and melted butter. Spread over macaroni mixture and bake until crumbs are brown.

# Armour's Grape Juice, 100% Pure

**No Other Drink Affords So Great a Variety**

Grape Juice is fast becoming the universal drink.

Realizing its importance in the dietary, Armour and Company have spared no trouble or expense in producing a product absolutely pure, unadulterated, unfermented.

The grapes chosen are the Concords of the rich grape-growing regions of Michigan and New York. They are immediately stemmed and pressed after picking, the juice drawn into large glass containers, sterilized and especially processed to remove all sediment and floating solids.

Because Armour's is full-strength Grape Juice it can be diluted. Used with one-third water, either charged or plain, it makes a most satisfying, thirst-quenching, and healthful drink.

## Armour's Grape Juice High Ball

METHOD: Put a piece of ice in each glass; rather more than half-fill the glasses with grape juice, then fill with charged water (from a syphon).

## Armour's Grape Juice Sherbet

*1 quart water*
*2 cupfuls sugar*
*1 teaspoonful granulated gelatine*
*3 tablespoonfuls cold water*
*2 cupfuls Armour's Grape Juice*
*juice one lemon*

METHOD: Boil the water and sugar twenty minutes after boiling begins, add the gelatine softened in the three tablespoonfuls of cold water and strain. When cold add the grape juice and lemon juice and freeze. Serve in sherbet glasses with a cherry above the sherbet.

## Armour's Grape Juice Lemonade

**METHOD:** Mix the juice of two lemons with half a cup of granulated sugar, then stir in one pint of Armour's Grape Juice; continue to stir until the sugar is dissolved, add enough cold water to make a quart of liquid; turn into a pitcher in which there is a piece of ice. Add a few thin slices of lemon from which the seeds have been taken, and a few maraschino cherries. Serve with an extra supply of sliced lemon and pineapple, cherries and sprigs of fresh mint, that each glass may be decorated.

## Grapefruit with Grape Juice

**METHOD:** Cut choice grapefruit in halves, crosswise. With a thin, sharp knife cut around the pulp in each little section of the fruit, that the whole of each section of pulp may be lifted out intact. Also, cut the membrane, separating the sections and the core from the skin and remove all the membrane and the pithy center in one piece. Set the prepared halves of grapefruit into dishes partly filled with shaved ice. Pour Armour's Grape Juice into the center of each fruit to fill the space left by the removal of the membrane. Pass sifted confectioner's sugar with the fruit.

# Recipes

## Grape Juice Sponge, Princess Style

*¼ package gelatine*
*¼ cupful cold water*
*⅔ cupful Armour's Grape Juice*
*⅔ cupful sugar*
*juice ½ lemon*
*3 egg whites, beaten light*
*¼ pound marshmallows, cut in quarters*

METHOD: Soften the gelatine in the cold water and dissolve by heating over boiling water; add the Armour's Grape Juice, sugar and lemon juice and stir over ice and water till the mixture begins to thicken, then gradually beat in the egg whites; when the mixture holds its shape, fold in the marshmallows and turn into a mold, or into individual glass cups. Serve with cream.

## Grape Juice Parfait

*1½ cupfuls cream, beaten very light*
*½ cupful Armour's Grape Juice*
*juice ½ lemon*
*¾ cupful sugar*
*½ cupful grape juice*
*1 egg white, beaten light*

METHOD: After the cream is beaten light, add the Armour's Grape Juice and lemon juice and again beat light. Dissolve the sugar in the second half-cupful of grape juice, cover and let boil to the soft-ball stage (about 236° F.), then pour in a fine stream on the egg white, beating constantly meanwhile; beat occasionally until cold; fold the two mixtures together and turn into a quart mold (a brick-shaped mold with two covers is the best) filling the mold to overflow; lay a paper over the mixture and press the cover in place over the paper. Pack in equal measures of crushed ice and rock salt. Let stand between two or three hours. Repack if necessary.

## Uses of Armour's Grape Juice for Flavoring and Tinting Food

(1) Use in place of water in making boiled frosting for cake.
(2) Use for making grape jelly to be eaten with meat, etc.
(3) Use for making grape jelly with gelatine for a dessert to be eaten with cream and sugar.
(4) Use boiled a few minutes with sugar as a plain sauce for puddings or rice.
(5) Use to tint and flavor lemonade and fruit punch.
(6) Use to pour over sliced and sugared bananas.

# Foundation Recipes

## Grape Juice Pudding Sauce

*(For cottage pudding, blancmange, boiled rice, cornstarch pudding, etc.)*

METHOD: Boil one cupful of granulated sugar and half a cupful of Armour's Grape Juice six to eight minutes after boiling begins; slowly pour this on the white of one egg beaten very light, beating constantly meanwhile; beat occasionally until cold, then fold in a cupful of whipped cream.

## Grape Juice Pudding Sauce, No. 2

METHOD: Boil one cupful of sugar and one cupful of Armour's Grape Juice five minutes; stir in two to three level teaspoonfuls of cornstarch mixed with water to a smooth consistency and let simmer ten minutes.

## Marshmallow Peaches

*1 can Armour's Veribest Peaches*
*1 cupful whipped cream*
*2 tablespoonfuls sugar*
*½ lb. fresh marshmallows*

METHOD: Arrange the half peaches (cavity up) on a dessert dish. Add the sugar to the whipped cream, place a tablespoonful in the cavity of each peach and a fresh marshmallow on top. Serve as a dessert with cake.

## Veribest Pineapple Salad

*2 lettuce heads*
*1 can Armour's Veribest Sliced Pineapple*
*Cloverbloom Cheese*
*salt*
*cayenne*
*1 small bottle Veribest Cherries*
*French dressing*

METHOD: Line the salad bowl with lettuce. On this bed of lettuce place slices of Veribest Pineapple, one for each person to be served. Cream the cheese, season with salt and cayenne and place in the hole in center of the pineapple. Press a large Veribest Cherry on top of the cheese. Pour French dressing over cheese and pineapple and serve.

## Armour's California Fruits

The climate of California, changing as it does from elevation to valley, is responsible for the wide variety and excellence of the fruit grown there. Armour and Company, true to their policy of selecting a food product where it grows best, are securing the fruit of no less than thirty canneries in California, each in the center of a fruit-producing region. This makes it possible to pack the fruit the day it is gathered, and the moment it has arrived at just the right degree of ripeness.

This is one reason for the high excellence of Veribest Peaches, canned in middle California; of the Royal Ann Cherries, which take their name from the old Spanish city of Santa Ana, near which the factories are located, and of the Apricots from the same district; of Veribest Plums, both egg and green gage, gathered in the coast regions; and Veribest Pears, fine, large Bartletts, raised in the northern part of the state.

## Hawaiian Pineapple

From the Hawaiian Islands, the native home of this delectable fruit, comes Armour's Veribest Pineapple. People often ask why this canned pineapple is so superior to the fresh fruit, as we know it here. The reason is that the latter is picked green to ripen as well as it can during transportation, while Armour's Canned Pineapple is plucked when it is fully ripe, the pulp is tender and the juices have arrived at their fullest sweetness. This is all preserved by quick, scientific methods of canning and brought to the consumer in its perfect state.

## Other Preserves, Jams and Jellies

These, however, are only a part of the entire line of preserved fruits, jellies and jams produced by Armour and Company (see page 56). Delicious cherries, raspberries, gooseberries and other small fruits come to the perfectly equipped preserving station at Frankfort, Michigan, and the cream of the strawberry output to the Strawberry Station at Ridgely, Maryland.

The Armour Veribest label under which these products are sold guarantees the housewife always highest quality and uniformity.

## Fruit Salad

*lettuce*
*bananas*
*orange*
*Armour's Hawaiian Pineapple*
*olive oil*
*Armour's Grape Juice*
*lemon, salt*
*Veribest Cherries*

METHOD: Dispose heart leaves of lettuce on a serving dish, above set groups of peeled and sliced bananas, sections of orange freed of all membrane, and slices of Hawaiian Pineapple, separated into small triangular pieces. For about a pint of prepared fruit, stir one-third a cupful, each, of olive oil and Armour's Grape Juice, two tablespoonfuls of lemon juice and half a teaspoonful of salt until well blended. Pour over the fruit. Garnish with Veribest Cherries.

Armour's Dry Sausage

Armour and Company, as the world's largest manufacturers of Dry (or Summer) Sausage, produce many millions of pounds yearly. There are nearly a hundred kinds—in sufficient variety to satisfy the tastes of every nationality.

Dry Sausage is a tempting delicatessen dainty; seasoned with the finest spices, it is very nourishing and appetizing. For these reasons it has held a high place in European dietary, served with other relishes as the first course of a meal, or, as an economical principal meat course.

Most travelers return from Europe with a keen relish for the various sausages they have eaten during their travels—sausage d'Arles, or Lyon, in France, the slightly garlic-flavored Milan Salami in Italy, or the Gothaer and Summer sausage of Germany. The excessive cost of importation, however, placed these delicacies among the luxuries of life, until the American manufacturer, seeing the growing demand for dry sausage and the possibility of reducing its cost by improved methods of manufacture, proved that it could be better made here than abroad.

Dry Sausage is most practical as well as one of the most delicious of meat products. There is not a scrap of waste; it requires no cooking or preparation of any sort; it will keep almost indefinitely. For the emergency shelf, the impromptu late supper, the children's lunch box or the automobile hamper, the housewife will find many calls for this delicious product. Its use as an hors d'œuvre, sliced thin and garnished with olives, radishes, etc., and served before the soup course, is also rapidly growing in this country.

Following are a few dry sausage favorites: Summer Sausage (sometimes called Cervelat), German Salami, Gothaer Cervelatwurst, Goteborg, Landjaeger, Farmer Sausage, Holstein, Milan Salami, Sopressata, Genoa, Lyons, Mortadella, Gold Band.

*Note—The appearance of mold on the container of dry sausage in no way affects the quality of the product.*

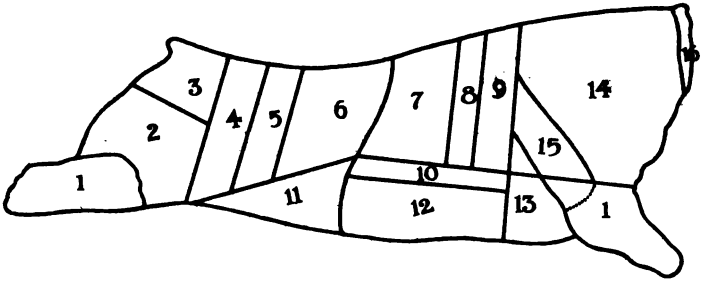
# Armour's Fresh Meats

The development of the refrigerator car system by the late Philip D. Armour is responsible, more than any other single factor, for a steady and continuous supply of meat at reasonable prices throughout the consuming centers of the country. Without this, meat supply would be irregular with a much higher scale of prices in parts of the country distant from the cattle producing regions.

The protein of meat is very completely digested and assimilated and has therefore a high food value. A proper proportion of meat is of especial importance as a constituent of a well-chosen mixed diet, such as enjoyed by the majority of the most civilized and intelligent nations of the temperate zones. In such a diet, meat supplies not only a certain proportion of the energy which is also furnished by carbohydrates and fats, but it also supplies the material for the repair of the body tissues, so as to make up for the wear and tear which these tissues undergo in performing their various functions. In addition, meat contains certain constituents, such as the meat bases, organic phosphorous compounds, etc., which are of importance in a well-chosen diet and do not exist in vegetables.

The diagram shows a carcass of prime beef, cut and numbered to indicate the portions as used in cooking. The housewife interested in getting the best returns for the family food money, would do well to carefully consider the great difference in prices of various meat cuts. The increase of cost of popular rib and loin cuts, which from a nutritious standpoint are no more valuable than the round or shoulder, makes important the subject of proper cooking of the cheaper pieces.

## Divisions and Descriptions of Beef




| No. | Name | Comparative Cost | Characteristics | Used for |
|---|---|---|---|---|
| 1 | Shank | Cheapest | Easily cooked | Stews and soups |
| 2 | Round | Economical | Nutritious, slow cooking | Steaks, stew, pot roast |
| 3 | Rump | Medium | Nutritious, needs skill | Steaks, pot roast, braising |
| 4 | Sirloin | Expensive | Tender, cooks easily | Steaks |
| 5 | Pin Bone | Expensive | Easily cooked | Steaks |
| 6 | Porter House | Expensive | Easily cooked | Steaks |
| 7 | Prime ribs (first cut) | Expensive | Easily cooked | Roasts |
| 8 | Prime ribs (middle cut) | Expensive | Easily cooked | Roasts |
| 9 | Prime ribs | Expensive | Needs skill | Roasts |
| 10 | Short ribs | Economical | Easily cooked | Roasts or stews |
| 11 | Flank | Economical | Needs skill | Flank steak; stewing; braising |
| 12 | Plate | Economical | Needs skill | Corning, pot roast, stewing |
| 13 | Brisket | Medium | Needs skill | Corning, pot roast, stews |
| 14 | Chuck | Economical | Needs skill | Roasts, steaks, pot roasts, stews |
| 15 | Shoulder clod | Economical | Needs skill | Steaks, pot roasts |
| 16 | Neck | Economical | Needs skill | Pot roasts, stews, corning |

# Foundation Recipes

## Baking Meat (Roasting)

METHOD: Arrange the meat on a rack in the roaster. Place in a very hot oven to sear the cut surfaces and thereby keep in the juices. Reduce the temperature, add hot water to the roaster to keep the meat moist. Baste frequently, cover the roaster and cook until the desired degree of rareness is reached. About fifteen minutes to the pound.

## Broiling Meat (Open Fire Method)

METHOD: Place the meat on the broiler close to the fire until the surface is *seared*. Turn and sear the other surface. Remove farther from the fire, turning frequently to insure even cooking. The thicker the piece of meat the longer time is required for cooking. A three-inch steak will require about twenty-five minutes to a half hour, according to the degree of rareness desired.

## Broiling Meat (Pan Broil)

METHOD: Place the meat upon a very hot iron or aluminum frying pan, and sear on both sides. Lower the temperature and cook, turning each ten seconds, until "rare" or "well done" as desired.

## Sautéing Meat

METHOD: Put the meat in a frying pan containing a small quantity of smoking hot "Simon Pure" Leaf Lard, and sear both sides. Turn frequently to insure even cooking.

## Frying Meat

METHOD: Immerse in deep "Simon Pure" Leaf Lard raised to a temperature of 400° F. When seared, lower the temperature slightly and continue to cook. A frying basket is convenient but *not* necessary.

## Test of Temperatures of Fat

METHOD

1. Fat which turns bread a golden brown in forty seconds is right for a "cooked mixture" such as croquettes.
2. Fat which turns bread golden brown in one minute is right for uncooked meats such as chops.

## Boiling Meat

METHOD: Immerse in boiling water to sear the outside and keep the juices in. Then reduce the temperature and simmer. Cook slowly at a low temperature until tender.

## Stewing Meat

METHOD: Sear the meat. For "brown stew," sear by means of a hot skillet as in pan broiling. For a "pale stew," sear by plunging into boiling water. When seared, reduce the temperature and simmer in enough water to cover the meat.

## Making Soup

METHOD: Use both meat and bones. Cut the meat into small pieces; cover with cold water, heat slowly and stew at a low temperature until juices are extracted. Strain. Split the bones, cover with hot water, and boil to extract the gelatine, which gives "body" to the soup stock. Strain, combine the two liquids, season and serve.

## Braising Meat

METHOD: Braising is stewing with vegetables. Sauté the vegetables in a stewing pan, arrange the pieces of meat compactly on top of the layer of vegetables; cover and cook about fifteen minutes; then cover meat with another layer of vegetables seasoned with parsley, thyme or onion. Add water to stock to come up through the vegetables. Cover closely and cook slowly until the meat is tender. Remove the cover and brown the meat. (Meat may be previously seared in hot fat).

# Armour's Devonshire Farm Sausage and Sausage Meat

Armour's Devonshire Farm Sausage might be called the national American breakfast dish, associated in memory with stacks of steaming wheat cakes and the aroma of the coffee urn. In spite of the wide popularity of Devonshire, however, it is doubtful if many housewives are familiar with the wide variety of ways this sausage can be prepared and served, and the number of food products with which it can be combined. In the following pages are some novel recipes in some of which Devonshire bulk sausage can be used in place of the links.

Devonshire Farm Sausage is a pure all-pork product, delicately seasoned with choice spices. It is one of the standard Oval Label products.

## Veribest Frankfurt Sausage

A very high-grade Frankfurt sausage, put up in cartons for family use. This sausage is especially dear to the youthful appetite,—older ones, too, have been known not to despise it, and the housewife will welcome this pure, wholesome product of guaranteed Oval Label quality.

## Recipes

Sausages may be baked, fried or boiled. Whatever the process, before cooking, cut the sausages apart and prick them with a fork. In frying, or baking, they should be turned occasionally.

### French Sausage Rolls

*1 cupful Devonshire Farm Sausage Meat*
*½ tablespoonful Cloverbloom Butter*
*½ tablespoonful flour*
*¼ cupful hot water*
*¼ teaspoonful Armour's Extract of Beef*
*3 French rolls*

METHOD: Bake sausage meat, allowing one cupful for the filling of three rolls. Cool baked sausage and moisten to a paste with brown sauce made as follows:—Brown the butter, add the flour and extract of beef dissolved in the hot water. Split French or Vienna rolls, remove a small portion of center and fill with sausage filling. These rolls served with hot coffee from a thermos bottle make a hearty and most satisfactory lunch.

### For a Chafing Dish Supper

*6 Devonshire Farm Sausage Links*
*boiling water*
*2 tablespoonfuls Oleomargarine*
*2 tablespoonfuls flour*
*1 cupful Veribest Evaporated Milk*
*salt and pepper*
*Worcestershire sauce*
*baked potatoes, toast or hot rolls*

METHOD: Cook sausages ten minutes in boiling water. Remove skin and cut in inch pieces. Cook ten minutes in white sauce made as follows:—Melt the Oleomargarine, add the flour, milk and seasonings. Serve on toast, with baked potatoes, or with rolls.

# Armour's Devonshire Farm Sausage and Sausage Meat

## Devonshire Farm Sausage Meat and Rice Cakes

*1 cupful cooked rice*
*1 Veribest Select Egg*
*4 tablespoonfuls cold cooked Devonshire Farm Sausage Meat*
*salt and pepper*
*flour*
*"Simon Pure" Leaf Lard for sautéing*

METHOD: Chop the sausage and mix with the rice and unbeaten egg. Season with salt and pepper and shape into round, flat cakes. Add more rice if cakes do not hold together well. Sprinkle cakes with flour and sauté in "Simon Pure" Leaf Lard, until brown. This dish disposes of left-over sausage and rice.

## Veribest Select Eggs Stuffed with Devonshire Farm Sausage

*6 hard-boiled Veribest Select Eggs*
*6 Devonshire Farm Sausage Links baked very crisp*
*Cloverbloom Butter*
*Worcestershire Sauce*
*salt and pepper*

METHOD: Cut eggs in halves and remove yolks. Mash yolks, moisten with creamed butter, and mix with chopped sausages that have been baked brown and very crisp. Season with Worcestershire sauce, salt and pepper, and refill the whites. Put halves together and wrap in paraffine paper.

## A Luncheon Dish

*Devonshire Farm Sausage*
*toast*
*Cloverbloom Butter*
*apples*
*fat*
*salt*
*parsley*

METHOD: Fry, or bake sausages and place on buttered strips of toast. Between strips of toast, arrange three quarter-sections of apple previously fried in deep fat and sprinkled with salt. Garnish with parsley.

## Sausages with Fried Apples

*1 pound Armour's Devonshire Farm Sausage Links*
*3 apples*
*parsley*

METHOD: Cut sausages apart, prick each sausage several times with a two-tined fork, put in frying pan, cover with boiling water and cook from fifteen to thirty minutes. Drain off water and cook sausages until well browned, turning often. Drain on brown paper. Wipe apples and cut them in thick slices, discarding the end pieces. Sauté in sausage fat until soft, being careful that slices do not lose their shape. Pile sausages in center of platter, arrange apples as a border around and garnish with parsley.

**Sausage and Griddle Cakes**

METHOD: Turn Devonshire Farm Sausage Links into a very hot skillet. Brown on all sides, reduce the heat, cover and allow to cook through slowly while preparing the griddle cakes.

**Griddle Cakes**

*2 cupfuls flour*
*2 teaspoonfuls "Simon Pure"*
*2 cupfuls sour milk*
*½ teaspoonful salt*
*1 teaspoonful soda*
*1 egg*
*1 tablespoonful sugar*

METHOD: Sift dry ingredients, add milk, well-beaten egg and melted "Simon Pure" Leaf Lard. Drop by spoonfuls on a hot griddle well greased with "Simon Pure." Cook until brown, turn and cook the other side. Arrange on hot plate and serve with the Devonshire Farm Sausage. Arrange the sausages on a hot platter and garnish with parsley.

**Potato Salad with Frankfurts**

METHOD: Slice cold boiled potatoes thin, marinate with salad dressing; arrange in center of platter, sprinkle with chopped parsley and arrange hot Veribest Frankfurts as a border. Garnish with sprigs of parsley and serve at once.

## The Three Forms of Table Service

1. The Russian Service is most formal. No food is on the table except candy and nuts. All serving is done from the pantry or the serving table. The food is attractively arranged upon suitable dishes from which each person helps himself; or portions may be arranged upon plates, one of which is placed before each person. The former method is preferable.

2. The English Service is informal. The food is placed upon the table and served by those seated at the head and the foot. If one has a maid, the passing is done by her; if not, by those sitting at the table.

3. The Mixed Service is a combination of the two mentioned and requires the service of a waitress. Some of the courses are served "from the side" (Russian), and some "from the table" (English). Frequently the meat is served from the table (English), and the accompanying vegetables served from the side (Russian).

## Serving Without a Maid

To observe the rules given for maid service when without a maid would be an unnecessary tax upon one's time and strength. The serving can be done nicely if attention be paid to certain points.

To avoid disturbance and frequent rising from the table, all foods which the temperature of the room would not affect should be placed upon the table or the serving table.

It is a good plan to have some young member of the family circle perform what service is required. For this kind of service it is permissible to remove plates or dishes two at a time, one in each hand, or to leave a person without a plate. This is, of course, contrary to conventional service.

## A Few Standard Rules for a Maid

1. Pass and place everything from the left, except beverages and extra silver belonging on the right. An exception to the rule is the placing of salad at the right when served with the meat course.

2. Place and remove plates one at a time. To save time, two plates may be brought to the dining room. Place one on the serving table and the other on the dining table; return to the serving table for the second plate, rather than to the pantry.

3. Use a folded napkin in the hand under all dishes served which contain food.

4. Use a tray only when passing or removing more than one article, as cream and sugar, or salts and peppers.

5. In removing a course, first take all dishes containing food, then soiled plates and silver.

6. Special watchfulness should be given by the maid that each person's needs are attended to.

7. Two pieces of silver placed on a platter containing food to be served are more convenient than one, for the person serving himself.

8. No sound of preparation should come from the pantry.

## Veribest Special Meat Loaf

Cut Veribest Special Meat Loaf in ½ inch cubes, and heat in one of these hot sauces.

### Brown Sauce with Olives

METHOD: Brown 2 tablespoonfuls Cloverbloom Butter, add 3 tablespoonfuls flour, and 1 cupful hot water in which has been dissolved ¼ teaspoonful Armour's Extract of Beef. Season with salt and pepper. Cut slices of olives and add to sauce.

### Horse-Radish Sauce

METHOD: Melt 2 tablespoonfuls Cloverbloom Butter, add 3 tablespoonfuls flour and 1 cupful milk. Let boil 3 minutes. Season with salt, pepper and fresh horse-radish root.

### Tomato Sauce

METHOD: Brown 2 tablespoonfuls Cloverbloom Butter, add 2 tablespoonfuls flour; add 1 cupful stewed and strained tomatoes. Season with salt, pepper and onion juice.

## Veribest Jellied Lamb's Tongue

METHOD: Slice thin. Garnish with fresh vegetables cut in artistic shapes.

## Cooking Temperatures

Cooking by temperature is entirely new. It proves practical, especially for oven cookery and for deep fat frying.

Housekeepers have long used it for making candies where uniform quality is desired, and a temperature test is familiar in every farm home where butter is to be made of uniform texture and flavor.

For frying, the following temperatures have been found unfailingly successful no matter what the fat used. Keep the fat between 360° and 370° F. for all raw mixtures as doughnuts, etc. Keep fat at 390° F. for croquettes and similar mixtures.

In order to secure the correct temperature for French fried potatoes, oysters, etc., 360° F., the temperature should be 380° F. when the food is immersed in it. Be very sure that not more than one layer of potatoes or six large oysters are in the basket at one time, otherwise the fat will be cooled too rapidly for successful results.

In all boiling operations remember that just so long as food is kept at the boiling temperature it is receiving the maximum amount of cooking possible for that method.

Pre-cooked cereals require twenty minutes for thorough cooking. Unprepared raw cereals require one hour of cooking in a double boiler or eight hours in a fireless cooker. If the latter is used do not use a radiator. If only a small quantity is cooked, pack in a kettle of boiling hot water to secure bulk.

In the cooking of vegetables it is impossible to give stated times because vegetables vary in the amount of cellulose and wood fibre they contain. Some beets may be cooked in thirty minutes while others no larger may require two hours of steady boiling.

Oven temperatures vary to a slight extent with the fuel used. We find that a gas oven requires slightly higher temperatures to produce the same results than the coal range or the electric range, largely because the gas range oven is much drier than the other two.

All baked food may be grouped in four classes, those that must be cooked in a "very slow" oven; those that must be cooked in the "moderate" oven; those that must be cooked in the "hot" oven; and, finally, those that must be cooked in the "very hot" oven. A temperature of 500° to 550° for a gas oven, 450° to 500° for an electric or coal range oven are the proper temperatures for this type of cooking. It should be used for puff paste and pastry shells.

For the "hot" oven a temperature of 450° to 500° is maintained in the gas, electric or coal ovens. This oven is especially adapted for cooking red meats, roasts, etc., but should also be used for biscuits both raised and quick, pop-overs (reducing heat after first fifteen minutes), previously cooked escalloped dishes, and baked potatoes.

The temperature of the "moderate" to "hot" oven averages 450° F. for the gas oven, but 400° F. for the electric or coal range oven. This oven is especially adapted to baking lamb, veal, pork, poultry, breads, fish, cheese dishes, puddings, cookies, muffins, and small and layer cakes.

For the much used "moderate" oven obtain a temperature of 350° in the gas oven, and 300° in electric and coal range ovens. This oven is adapted to baking practically all foods requiring even temperatures, such as beans, casserole dishes, sponge cake, angel cake, etc. May also be used for souffles, loaf cakes, gingerbreads and deep and fruit pies.

For the "very slow" oven obtain a temperature of 300° in the gas and 275° in the electric and coal range ovens. This is the so-called fireless cooking temperature and is adapted only to long-terms cookery, such as oven stews in casserole dishes, fruit cakes, Indian puddings, etc. It also may be used for pound cake, meringues, custards of all kinds, and rice puddings of uncooked rice.

# KEEPING THE

## Itemized Accounting of Expenditures and Percentage Apportionment of Income.

Home managing is considered the greatest business in the world to-day. No home manager should undertake the responsibility of distributing the family income without some method of keeping accounts.

The accompanying family budget outline has stood the test of satisfactory use in a typical, busy American home.

The home manager's credit column is a new feature. If the housewife, by means of her ingenuity or by doing work herself, saves on the regular scheduled expenditures, that money should go to her personal account. Prepar-

MONTH_____

| Income | Home Manager's Credit Column | Food Apportionment 30% | | | | | | Shelter Apportionment 20% | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Date | Meat | Groc. | Vege. | Bakery | Hotel Meals | Rent | Upkeep | Extra Exp. |
| | This sum should be deposited in a personal savings account | 1 | | | | | | or payments on owned home | House | Carfare caused by unusual distance of home from work |
| | | 2 | | | | | | | ——— | |
| | | 3 | | | | | | | Plumbing | |
| | | 4 | | | | | | | | |
| | | 5 | | | | | | | | |
| | ——— Savings on operating expenses | 6 | | | | | | ——— Interest on mortgage | ——— Roofing | ——— |
| | | 7 | | | | | | | | |
| | | 8 | | | | | | | | |
| | | 9 | | | | | | | ——— Pointing up or shingling | |
| | ——— Clothing | 10 | | | | | | | | |
| | | 11 | | | | | | | | |
| | | 12 | | | | | | ——— Taxes | ——— Window repair | ——— |
| | ——— Dr. bills saved by proper cooking | 13 | | | | | | | | |
| | | 14 | | | | | | | | |
| | | 15 | | | | | | ——— | ——— Papering | |
| | | 16 | | | | | | | | |
| | ——— Amt. cut down on personal expenses | 17 | | | | | | ——— Fire Insurance | ——— Repair of grounds | ——— |
| | | 18 | | | | | | | | |
| | | 19 | | | | | | | | |
| | | 20 | | | | | | | | |
| | | 21 | | | | | | ——— | ——— Fences | ——— |
| | ——— Savings on amusements by wise selection | 22 | | | | | | | | |
| | | 23 | | | | | | | | |
| | | 24 | | | | | | | ——— Sidewalks | ——— |
| | | 25 | | | | | | ——— | | |
| | | 26 | | | | | | | | |
| | | 27 | | | | | | | ——— Barns | ——— |
| | | 28 | | | | | | | | |
| | | 29 | | | | | | ——— | ——— or garage | ——— |
| | | 30 | | | | | | | | |
| | | 31 | | | | | | | | |
| | | Total for monthly income of $150.00 should be 30% or $45.00 | | | | | | Total for monthly income of $150.00 should be 20% or $30.00 | | |

Remarks:

# FAMILY BUDGET

edness is a big factor in the growth of this column.

In this budget layout you will also find the percentage apportionments for various incomes. Make out your own budget outline as here given, substituting your own salary and percentage figures. Attach a pencil to the book and keep it where you will put down the amounts each evening.

Make your budget a co-operative affair, soliciting suggestions from the family as to what investments, savings, etc., to make.

**Estimated for Family of Five on $150 a Month.**

**Percentages of Expenditures for Food, Operating and Contingency vary according to income.**

YEAR_____

| Operating Expense 10% | | Clothing 15% | | | | Contingency 25% | | | |
|---|---|---|---|---|---|---|---|---|---|
| Heat | Furnishings | Materials | Tailor or Seamstress | R'dy-made Clothing | Cleaning Repairing | Savings | Advancements | Personal | Health |
| | | | | | Repairing Shoes | Investments | Education | Manicuring | Dentist |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| | | | | | | Pleasures | Literature | Hair Dressing | Doctor |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| | | | | | | Luxuries | Concerts | Shoe shining | Nurse |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| Light | | | | | | Vacations | Dramas | | Medicine |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| Cooking fuel | | | | | | Gifts | Church Dues | | Sanitarium |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| Hired help | | | | | | Entertaining | Club Dues | | Special Health Trips |
| —— | —— | —— | —— | —— | —— | —— | —— | —— | —— |
| Laundry | | | | | | | | | Special Baths |
| —— | —— | —— | —— | —— | —— | Miscellany | | —— | —— |
| Total for monthly income of $150.00 should be 10% or $15.00 | | Total for monthly income of $150.00 should be 15% or $22.50 | | | | Total for monthly income of $150.00 should be 25% or $37.50 | | | |

## Kitchen Utensils

A list of small kitchen utensils is given below. It provides tools for the ordinary methods of cooking. In selecting the ware, consider the weight, the durability and the adaptability. Cast and stamped aluminum are the best for gas fuel, spun aluminum for electricity, and a good grade of enamel or agate for coal or kerosene.

For special cooking operations, special wares are best.

The Scotch type of kettle made of cast aluminum may be used for deep frying. For baking we recommend the new glassware. This is especially good for batter mixtures, pie crust, etc. Russia iron is best for cooky sheets and open roasting pans. Roasters depend more on design than material. Casseroles can be of pottery, vitrified china or the new glassware. Keep the temperature of oven to a heat producing gentle simmering in the casserole. A mixing bowl should be light and deep and of enamel ware. Never use the shallow, rounded bottom type. Have a simple type of steamer boiler. Through the upper utensil the steam penetrates so that a double amount of food may be cooked over the single burner.

The equipment listed below is grouped according to its use under one of the three operations: Mixing, Cooking, and Cleaning.

### Mixing

4 mixing bowls nested in sizes and conical in shape
2 glass pie plates
1 metal molding board
1 meat chopper
1 mayonnaise mixer
ice pick
wooden mallet
2 aluminum funnels
clock
1 open rolling pin
1 flour sifter
1 coffee mill
1 bread mixer
ice cream freezer
duck bag for ice
1 jelly mold
1 potato masher
scissors

#### Spoons

1 aluminum mixing spoon
1 shallow wooden beating spoon
1 set measuring spoons
1 aluminum slotted mixing spoon
½ doz. aluminum teaspoons
2 aluminum measuring cups

#### Knives

1 French knife, Sabatier shape
1 bread knife
1 knife sharpener
1 large two-tined fork
can opener 1 spatula
lemon squeezer
2 milk bottle tops
1 nutmeg grater
2 vegetable knives
1 meat slicer
1 sharp kitchen carver
2 kitchen forks
corkscrew 1 grater
apple corer
rotary egg beater
biscuit, doughnut and cooky cutters

### Cooking

steam cooker
Scotch frying kettle, iron or aluminum
1 large roasting pan, uncovered for use on a coal range, covered roaster if for use on a gas range
1 5-qt. Berlin kettle with cover
2 layer cake pans, aluminum
1 muffin pan, aluminum
1 aluminum tube cake pan
½ dozen glass custard cups
1 teapot
waffle iron
1 coffee maker
1 aluminum frying pan
1 2-qt. saucepan and cover
1 vegetable Berlin kettle with cover, 2-qt. capacity
2 loaf cake pans, aluminum or glass
4 bread pans, aluminum or glass
1 Russia iron cooky sheet
2 casseroles, 1 deep and of large capacity, for chicken cookery, 1 smaller and shallower

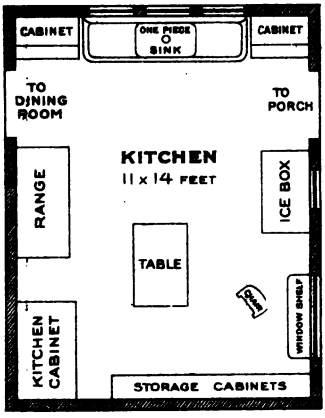
### Cleaning

1 self-wringing mop
1 dustpan and soft brush
soft old cloths
drainer soap shaker
plate scraper
vegetable brush
1 dozen glass towels
steel wool for scouring aluminum
2 yds. new cheesecloth
1 dustless mop
stove cleaning outfit
fibre dishpan
soap dish
dishwashing brush or mop
milk bottle brush
metal scraper for pans
1 doz. linen crash towels
2 cheesecloth bags for lettuce

## Kitchen Plans

A kitchen should have cross ventilation and the prevailing winds should be allowed full play to dispose of cooking odors. The plan approved by Good Housekeeping Institute is oblong in shape. This is for two reasons: first, if equipment is properly placed on such a floor plan the working operations may be so centered as to make use only of the short dimension of the room; second, the extra length provides for ventilation and a rest corner.

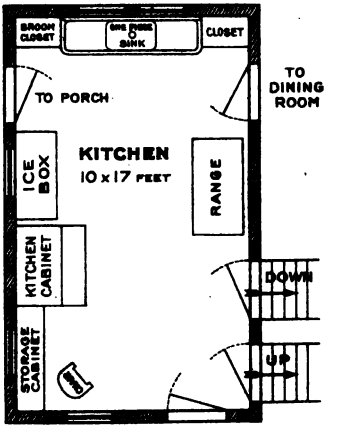
Both of our plans are capable of adaptation to special conditions, but in both of them careful attention has been paid to the placement of equipment with a view to efficient routing of all work toward the ultimate serving of the food in the dining room. Either plan can be varied widely.




Good Housekeeping Institute has demonstrated that no one thing has more influence in lessening kitchen work than the placing of equipment at the proper height. The kitchen sink should be not lower than 34 inches from the bottom of the sink to the floor; 35 inches will prove a better height for all workers over 5′ 6″ in height. The kitchen range should be 32 inches high. The laundry tray should be set with its rim on a level with the sink rim, and the ironing board should be 34 inches from the floor.

The wall treatment of the kitchen should preferably be of metal tiling up to 4 feet with a plaster wall covered with hard oil paint in stipple finish. Where the metal tiling cannot be used, a plain plaster wall stipple-painted is best.

Have all wood trim without panelling and waxed on plain stain rather than varnished or oiled. For the floor, a linoleum covering remains the best choice when properly laid and finished. After laying for three weeks until properly stretched, the seams must be cemented with a strong glue cement, when the linoleum becomes an actual floor rather than a floor covering. As soon as properly laid, wash clean and fill the pores with a paste wax. This feeds the linoleum so that it need never wear out. The after care will consist only of mopping up the soil which will be on the surface and occasionally replacing the wax with any one of the liquid wax preparations. Apply with a cloth as in dusting. Color may seem to have little to do with reducing labor and yet when buffs and light soft browns and yellows are used on the wall and woodwork, the restful light relieves eyestrain, thus really preventing bodily fatigue.



# A COMPLETE LIST OF

The diagram shows the food supply of the household arranged ready for use. There are four groups, Pantry Emergency Products, Pantry Staples, Pantry Refrigerator Articles and Cold Closet Articles. All perishable goods are in the ice box; bulky foods like ham, sausage, or staples in quantity, in the cold closet; food staples in the pantry, and vegetables, both fresh and canned, in their proper departments.

## THE PANTRY STAPLES

Beef, Brisket, Armour's Veribest
Beef, Potted, Armour's Veribest
Beef, Roast, Armour's Veribest
Boned Turkey, Armour's Veribest
Boneless Pigs' Feet, Armour's Veribest
Bouillon Cubes, Armour's
Bread, Homemade
Beans, Navy, in Cartons, Veribest
Cake, Homemade
Chicken Loaf, Armour's Veribest
Chicken, Potted, Armour's Veribest
Chili Sauce, Veribest
Cocoa Coffee Corn Meal
Corned Beef Hash, Armour's Veribest
Crackers
Deviled Tongue, Armour's Veribest
Deviled Turkey, Armour's Veribest
Deviled Ham, Armour's Veribest
Deviled Chicken, Armour's Veribest
Dried Beef, Armour's Veribest
Extract of Beef, Armour's
Flavoring Extracts, Armour's
Flour—Whole-Wheat, Graham, Pastry
Frankfurts, Armour's

Fruits, Armour's Canned: Apricots, Cherries, Peaches, Pears, Plums, Blackberries, Blueberries, Gooseberries, Loganberries, Raspberries

Ham, Potted, Veribest
Hominy, Armour's Canned
Horse-Radish Cream, Armour's

Jams, Armour's: Blackberry-Apple, Cherry-Apple, Gooseberry-Apple, Peach-Apple, Raspberry-Apple, Strawberry-Apple

Jellies, Armour's: Apple, Grape, Raspberry, Strawberry, Assorted Flavor

Luncheon Dainties, Armour's
Mayonnaise Dressing
Milk, Veribest, Evaporated
Mince Meat, Armour's Veribest
Mutton Roast, Armour's Veribest
Oatmeal, Armour's Rolled White Oats
Olives
Pickles
Pork and Beans without Tomato Sauce, Armour's Veribest
Rice Salad Oil Salt
Sauerkraut and Vienna Sausage, Armour's Veribest
Sausage, Veribest, Vienna Style

Soups, Armour's Veribest: Tomato, Vegetable, Consommé, Chicken, Oxtail, Mock Turtle

Spaghetti, Meat and Chili, Armour's Veribest
Sugar Syrup Tea
Tomato Ketchup, Armour's Veribest
Tongue, Potted, Armour's Veribest
Tripe, Armour's Veribest
Turkey, Potted, Armour's Veribest

Veribest Vegetables: Tomatoes, Peas, Corn, Asparagus

6177 147

# FOODS FOR THE HOME

**The "emergency shelf" well deserves its name; the housewife finds in here everything she needs with which to prepare an impromptu meal or entertain unexpected guests. An emergency shelf to fulfill its function must be complete, and an article once removed for a purpose should be replaced as soon as used. Note the large number of Armour's Pure Food Products.**

## PANTRY EMERGENCY PRODUCTS

Veribest Soup { Tomato, Mock Turtle, Oxtail

Veribest Fish { Salmon, Sardines, Tuna

Veribest Canned Vegetables { Tomatoes, Peas, Corn

Armour's Veribest Package Foods { Veal Loaf, Chicken Tamales, Lamb's Tongue, Boned Chicken, Ham Loaf

Pork and Beans with Tomato Sauce
Sliced Bacon in Jars
Cheese, Veribest, Kept in Cold Closet
Dry Sausage, (43) Kept in Cold Closet
Cookies and Crackers, in Packages
Grape Juice, Kept in Cold Closet

Veribest Fruits { Pineapple—Sliced, Cherries, Strawberries

Apple Butter, Armour's
Evaporated Milk, Veribest
Oyster Cocktail Sauce, Veribest
Peanut Butter, Veribest

## COLD CLOSET

Dry Vegetables
Sweet Peppers
Potatoes
Grape Juice, Armour's Family Case
Cheese, Armour's Veribest
Bacon, Armour's Star
Ham, Armour's Star
Dry Sausage Varieties
Stock of Canned Foods Bought by Box

## IN REFRIGERATOR

Butter—Cloverbloom
Oleomargarine—Armour's
Lard—"Simon Pure" Leaf
Eggs—Armour's Veribest Carton
Bacon—Veribest, Sliced, in Carton
Milk
Cream
Meats—Steak, Roast, Chops, Stew, Kidney, Heart, Liver, Cold Cooked Meats
Sausage, Armour's Devonshire Farm (Links or Meat)
Lettuce, Washed and in Bag
Green Vegetables

## Hints On Measuring and Mixing

Cooks *are* born, but just as good cooks can be made.

No one thing has had so much influence in placing cookery upon its modern improved basis as the almost universal adoption of an accurate standard of measurement. The day has long gone by when the favorite cups and spoons of varying sizes in each household are the basis of cookery measuring.

The Good Housekeeping Institute approved measuring set consists of two standard measuring cups holding one-half pint each and divided into quarters and thirds. These may be made of either aluminum or glassware. The tin cup is too short lived to make it a good purchase. One set of accurate measuring spoons should be included. These are made of aluminum, and are graduated from one tablespoonful down to one-fourth teaspoonful.

A spatula for leveling off solid measurements is valuable. So, also, is an aluminum quart measure and a small compact spring scale. Use the scale more for checking the weights as purchased than for cooking by weight.

In measuring dry ingredients by cupfuls, put in the ingredient by spoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fractions of a cupful are to be measured, measure by tablespoonfuls up to one-half cupful capacity, in preference to using a cup. For one-eighth of a teaspoonful, measure one-fourth, then cut in two with spatula. Less than one-eighth of a teaspoonful is called "a few grains."

In measuring dry ingredients by spoonfuls, fill the spoon by dipping into the ingredient until heaping; then cut level with the spatula.

In measuring liquids by cupfuls or spoonfuls, use full measurements.

In measuring a solid fat, pack solidly into cup or spoon and cut level with the spatula. Especially with this type of ingredient, it is often more convenient to measure fractions of a cup with the spoon. Where it must be measured in the cup, pack up to the correct division indicated.

Fully as important as measuring are the correct motions for combining ingredients. These involve three processes, stirring, beating, and "cutting" in.

The stirring motion blends ingredients together intimately.

Beating is the motion necessary when air must be introduced into a mixture in order to leaven it. In beating, the ingredients must be turned over and over, continually bringing the under part upward to the surface.

The cutting and folding motion is necessary when a mixture already containing entrapped air, introduced by beating, must have an added ingredient, also well beaten, and the mixture accomplished without loss of air from either mixture. An illustration of this is a sponge cake where beaten egg whites must be cut and folded into the "yolk-sugar-and-flour" mixture.

Briefly, by stirring, a dish is properly mixed; by beating, air is entrapped; by cutting and folding, this air already entrapped is prevented from escaping.

The list of equivalents given below is intended merely as an assistance in purchasing supplies, because Good Housekeeping Institute does not believe in cookery by weight. In the Institute laboratory it was definitely proved that the ordinary method used in measuring ingredients produced results accurate within a tenth of a grain when ingredients as important as baking powder were used as the basis of the test. Equivalents, however, are useful when recipes call for an ingredient of unknown weight.

### List of Equivalents in Measures

4 saltspoonfuls =1 teaspoonful
3 teaspoonfuls =1 tablespoonful
16 tablespoonfuls=1 cupful dry ingredients
12 tablespoonfuls=1 cupful wet ingredients

2 cupfuls=1 pint
2 pints =1 quart
4 quarts =1 gallon
8 quarts =1 peck

### List of Equivalents in Foods

1 lb. cornstarch=3 cupfuls plus 2 tablespoonfuls
1 lb. butter =2 " " 2 "
1 lb. lard =2 " " 2 "
1 lb. bran =9 " " 2 "
1 lb. rice =2 " " ⅛ "
1 lb. rye flour =3⅓ "

1 lb. pastry flour, unsifted=3¾ cupfuls
1 lb. bread flour, " =3½ "
1 lb. confectioner's sugar =2¾ "
1 lb. light-brown sugar =2½ "
1 lb. pulverized coffee =5⅓ "
1 lb. Graham flour =3¾ "

1 lb. entire-wheat flour, unsifted=3⅓ cupfuls plus 1 tablespoonful
1 lb. granulated corn meal =3 " " 1 "
1 lb. granulated sugar =2 " " 2 "

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*Mrs. Adams will be glad to furnish recipes for any dishes mentioned in this book for which directions are not given. Address Mrs. Jean Prescott Adams, care of Armour and Company, Chicago.*

*The recipes given in these pages have all been tested by experts. To get high uniform results, only food products of high standard value should be used.*

**MAKE ALL MEASUREMENTS LEVEL.**

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Armour's
QUALITY
PRODUCTS